

3 blissfully Easy solutions

WE HEARD YOU! More than 50% of ALL YOU readers* have experienced:

BACK & SIDE BULGE / NOT ENOUGH SUPPORT / MUFFIN TOP

Let's face it, life can get complicated. At **Blissful Benefits by Warner's®**, our goal is to make your life a bit easier. From lifting up the girls without a pinch to eliminating the dreaded muffin top and banishing those annoying side and back bulges, we've got a solution that's just right for you. And guess what? You can have it all–comfort, fit and style, all at a great price. **That's what we call bliss!**

The Softest Bra You'll Ever Wear

0

All about comfort? So are we. The **Blissful Benefits** by Warner's Ultra Soft Wire-Free bra wraps you in delicious softness so comfortable you'll forget you're wearing it. Don't let the lightweight feel fool you though. The Ultra Soft Wire-Free bra delivers serious shaping and support (it's all in the genius construction).

It was so comfortable to have on - like it wasn't even there."

– Paige K., Mertztown, PA



61 felt lifted and supported...looks great underneath my clothes.??

- Yvonne H., Huntsville, AL

The Instant Makeover Secret

C'mon, admit it – every now and then you want to look a little, well, perkier. Now, it's easy. Blissful Benefits by Warner's Lift & Side Support Underwire bra gives an instant lift to your look.

The secret? Inner side support panels that keep your assets facing front and center. With the full coverage cups, there's no risk of tell-tale spillover, just a naturally boosted silhouette.



Our Blissful Benefits by Warner's

No Muffin Top Hipster panty smoothes your waistline—
because the wide waistband won't dig in. From front to
back, side to side – bulges have met their match!

"No more muffin top, comfort all day."

- Earnestine P., Houston, TX



Only at Walmart 💥

BENEFITS by Warner'S'



Kyou CONTENTS





DELICIOUS WEEKNIGHT **MEALS**



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AIM FOR A BIGGER REFUND







EXCLUSIVE WAYS TO SAVE



Scan for bargains on products and recipe ingredients. Use your smartphone to scan product photos on specially marked pages to purchase items you like. You also can scan recipe photos, then organize menus, create a shopping list and find nearby bargains on ingredients. Here's how to do it:

DOWNLOAD THE FREE DIGIMARC APP

(available at Google Play and iTunes). Launch it, then hover your phone 4 to 7 inches above the picture (line it up in the on-screen crosshairs).

IF YOU'VE SCANNED A PRODUCT PHOTO,

your browser will open to a page where you can comparison-shop, buy an item or sign up to receive price-drop alerts.

IF YOU'VE SCANNED A RECIPE PHOTO.

your browser will open to our sister site myrecipes .com. Save the recipe to your MyRecipes account, then make menus, shopping lists and more. Don't have an account? Sign up on the spot.





for extra value!



ON MOBILE

Do you read ALL You on an Android device, an iPad or iPhone or a Kindle Fire? With our Shop Now service, you can buy featured products, compare prices or sign up for price-drop alerts. Just connect to the Web, then tap the pink bar at the top of the screen.





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THIS MONTH'S **COUPONS AND DEALS**

Burpee.com, \$5 off (p.81)

Mama Francesca Premium cheeses, \$1 off (p. 46)

Never Too Late, \$1.50 off (p. 74)

Persil Proclean, \$2 off (p.63)

Pixibeauty.com, 10% off (p. 25)

Purex PowerShot, \$1 off (p.21)

Shoppriceless.com, 10% off (p. 17)

Ufseeds.com, \$5 off (p. 96)

FIND OUR COVER STORIES



YOU CAN AFFORD **HEALTHY FOOD!**

Finding bargains on organic eggs, meat, produce and other items might be easier than you think. (Did you know, for example, that grocery chains' in-house brand of organics can cost 25 percent less than comparable brand-name alternatives?) Get started on page 82. COVER PHOTO: ANTONIS ACHILLEOS, FOOD STYLING: ADRIENNE ANDERSON, PROP STYLING: GERRI WILLIAMS FOR JAMES REPS



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*just between us



Making this issue

When we embarked on this edition of All You, it fell to me to come up with a story about spring cleaning. Of course for me, cleaning is best in the past tense—I love it when my home sparkles, but I could do without all the washing and scrubbing. The key is finding products that make chores easier. We resolved to track down the best out there, and we called in hundreds of products to put them to real-life cleaning tests. Check out the results in our annual Cleaning All-Stars package (page 70). This year's winners are pretty amazing, as my shiny bathroom sink can attest.

At All You, our readers are the inspiration for most of what makes its way onto the pages of the magazine. But one of the great things about working here is that your concerns and my concerns are so similar: I'm looking for ways to make life easier and more enjoyable, whether it's delicious dinner recipes (pages 38 and 47), affordable clothes (page 16) or a new formula to shave time off cleaning and let me get back to the business of enjoying spring. I hope you find plenty to inspire you in the pages that follow!



Carole Nicksin, style director carole@allyou.com

THANKS TO ALL THE READERS WHO HELPED CREATE THIS ISSUE



What's an easy way to file your taxes? Joy has a favorite website she recommends. PAGE 89

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We love how Melissa used a slow cooker to help support a caregiver. PAGE 57



Gail's 20-year-old cat, Ben, looks great for his age. **PAGE 78**



Small garden? No problem! Give Flora's tip a try. **PAGE 81**



Get inspired! What Orlagh has to say about her eyes is beautiful. PAGE 15



You don't have to be an early bird to get in shape, as Cassie attests. PAGE31



CHECK OUT OUR BRAND-NEW COLLECTION OF READER RECIPES

If you're looking for quick, inexpensive ideas for delicious dinners, look no further. Family Meals Under \$10, the latest cookbook from the editors of ALL You, gathers together the best recipes submitted by our readers, including Orange Chicken Stir-Fry and Pasta with Grilled Sausage. Find it on newsstands now for just \$9.99.



"I WANT MOISTURE THAT LASTS – AND LASTS."

Ultra Moisture Body Wash's rich lather cleanses and replenishes skin with long-lasting moisture.

Olay leaves 100% more moisturizers on skin than the leading body wash, for superior moisturization with continued use. Your best

continued use. Your best beautiful skin begins in the shower.



YOUR BEST BEAUTIFUL™





'I made it!'

ZUCCHINI FRIES with CHIPOTLE MAYONNAISE

'MY TIP'

"Next time I make this recipe, I'll mix some Parmesan cheese in with the panko crumbs to give the fries a bit more punch. I'd also recommend serving this dish right away so the fries stay crunchy."

'MY TWEAK'

"I didn't have minced canned chipotle in adobo sauce at home, so I used Kraft regular mayonnaise, ketchup and tonkatsu sauce to make the chipotle mayonnaise instead."

'MY REVIEW'

"These fries were easy to make, and they turned out great. My husband, who doesn't like zucchini, ate almost all of them before I could tell him what they were!"



"I had never heard of zucchini fries before, so I was curious to try this recipe. The result was delicious! I'll definitely make them again."

Yuka Mester, 39, Detroit

READER RAVES "ONE OF MY FAVORITE DIY
CLEANING 'RECIPES' IS 2 CUPS OF WARM
WATER, ¼ CUP OF WHITE VINEGAR AND
I TABLESPOON OF CORNSTARCH. MIX IT ALL
IN A SPRAY BOTTLE AND SHAKE. IT WORKS SO
WELL, AND I'M A STICKLER ABOUT MIRRORS."



WHAT WAS YOUR BEST-EVER TAX REFUND?

"I got an unexpected refund of \$2,000!"

–Melissa Eliot, 28, Simpsonville, S.C.

"Our best-ever refund was \$8,000. We had just bought our first house, and we got a credit for first-time home buyers. We were able to use the money for a much-needed roof replacement."

Jamie Espinoza, 34, Hayward, Calif.

Turn to page 88 for last-minute tips on how to get the most out of your tax return this year.



OUICK SNACK

"Kids love these Sprinkled Marshmallow Dippers. To make them, insert a straw into a marshmallow. Using a brush, paint a thin line of corn syrup at the bottom, then roll the marshmallow in colorful sprinkles. Place on a piece of waxed paper to dry."

—Kelly Dixon, smartschoolhouse.com



DIY

"You can use binder clips for anything! I love to use them as chip-bag clips, recipe holders and cord organizers." —Amy Weber, 37, Gainesville, Fla.









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-Katina Washington, 42, North Wilkesboro, N.C.



GRILLED TURKEY SANDWICHES WITH CHIPOTLE MAYONNAISE

From the All You® Kitchen



Yield: Serves 4

TODAY!

INGREDIENTS

- 3 tablespoons mayonnaise
- 1 tablespoon minced chipotle in adobo sauce
- 1 teaspoon lime juice
- 4 soft sandwich rolls, split
- 1 avocado, peeled, pitted and coarsely mashed

Salt and pepper

- 8 ounces Hillshire Farm[®] Naturals[™] Slow Roasted Turkey Breast
- 4 slices Swiss cheese
- 1 tablespoon unsalted butter

PREPARATION

- 1. In a small bowl, combine mayonnaise, chipotle and lime juice. Spread mayo mixture on top half of each roll. Spread bottom half of each roll with avocado and season with salt and pepper. Top with turkey and a slice of cheese. Combine halves to form sandwiches.
- 2. In a large, heavy skillet over medium heat, melt 1/2 Tbsp. butter (or mist a grill pan with cooking spray). Add sandwiches topside down; cover with foil. Place a second heavy skillet (or pot lid) on top to press sandwiches. Cook until golden brown, about 4 minutes. Flip sandwiches, adding 1/2 Tbsp. butter to pan or misting with cooking spray. Cover with foil and skillet. Cook until cheese melts, about 4 minutes. Halve sandwiches; serve hot.



Naturally DELICIOUS!



You often go to great lengths to provide your family with wholesome, all-natural meals, but find that a lack of delicious options is impossible to overcome. Luckily, there are **Hillshire Farm Naturals** lunchmeats.

With all-natural, mouth-watering flavors, now you can make really delicious sandwiches that you can feel really good serving your family.

Plus the great taste is guaranteed or your money back.

You've never seen 'All Natural' done like this before!

NATURAL GOODNESS

Hillshire Farm Naturals deliver 100% natural lunchmeat because they have no artificial ingredients or preservatives and no added nitrates or nitrites.

BIG TASTE COMES NATURAL TO US

Finally, all-natural lunchmeats, like Black Forest Ham and Hardwood Smoked Turkey, with a delicious, slow-roasted flavor you'll want to come back to.

A CONVENIENT, GUILT-FREE OPTION FOR BUSY MOMS

Simplify your lunch planning and get back to what matters most with a brand you can count on.

Check out NaturallyDeliciousSweeps.com for a chance to WIN \$750 TOWARDS GROCERIES.

PLUS Hillshire Farm will match the amount and donate to a local food bank.

NO PURCHASE NECESSARY. Purchasing does not improve your chances of winning. The Naturally Delicious Sweepstakes is open to residents of the 50 United States and D.C., age 18 or older. Void outside United States, Puerto Rico and wherever else prohibited by law. Sweepstakes begins at 12:01AM ET on 2/25/15 and ends at 11:59PM ET on 4/30/15. For entry details and Official Rules, see www.MaturallybeliciousSweeps.com. Sponsor: Ti Media Solutions Inc., 1271 Avenue of the Americas, New York, NY 10020.



Finally, 100% natural lunchmeat that's 100% delicious.

Hillshire Farm Naturals. Slow roasted and perfectly spiced. With absolutely no artificial ingredients or preservatives. You'll love how it tastes or we'll eat the costs.

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Offer valid in USA, 18+ from 2/1/15 – 4/30/15. If we "Eat it": Limit 1 refund (up to \$6.00) per household. Offer good only with a qualifying purchase of a Hillshire Farm Naturals 8oz product. Void where prohibited.





RIBBON-STRIPED CAN

STUFF YOU HAVE

Tape measure Medium to large empty can such as a coffee can Scissors

STUFF YOU NEED

Assortment of cloth ribbon (95¢; ribbon bazaar.com)

Glue that can adhere cloth to metal, such as Elmer's Craft Bond Ultra Stix All Clear (\$1.50; amazon.com)

Step 1 Measure height of can. Choose an assortment of ribbons, making sure their total width roughly equals height of vase. You might have to cheat a bit, leaving some space between ribbons. Cut ribbons so they are long enough to wrap around can with 1/4" to spare. Step 2 Apply a bead of glue along back of one piece of ribbon; align it with bottom edge of can and wrap it around, gluing one end over other. Repeat until can is covered, starting each ribbon in the same place so you create a uniform seam.



DOTTED FLOWER

STUFF YOU HAVE

Cloth or rag Sponge brush

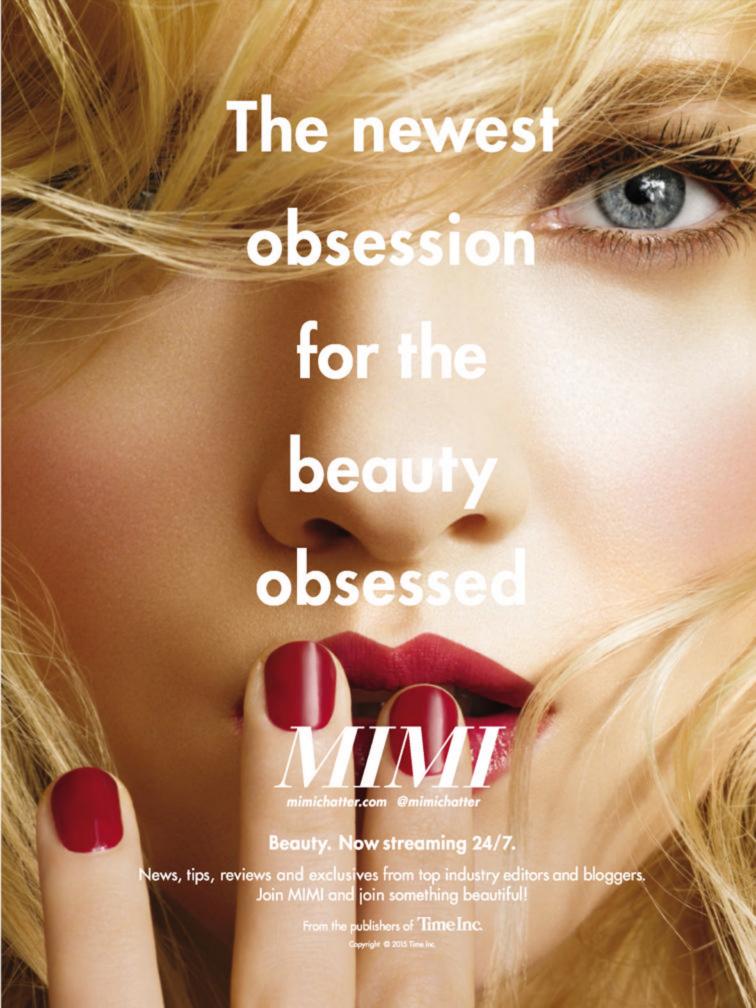
STUFF YOU NEED

4" terra-cotta pot (78¢; at Home Depot) Round adhesive labels (30¢; at Staples) Acrylic paint (65¢; at Michaels)

Step 1 Clean pot with a damp cloth. Let dry. Step 2 Place a row of stickers around the lip of pot, spacing them evenly. Make a second row, beneath the lip of pot. Continue that way until pot is covered. Check to be sure all stickers adhere securely to pot.

Step 3 Apply a coat of paint to pot's exterior. Let dry, then apply a second coat. When paint is completely dry, remove stickers.





Xyourself

QUICK BEAUTY TIPS, STYLE TRENDS AND INSIDER ADVICE TO HELP YOU LOOK AND FEEL GREAT



ANAMERICAN WOMAN SPENDS ON MASCARA IN HER LIFETIME Source: finance website mint.com

YOUR LASHES ARE: Sparse and wispy MASCARA MATCH: **Volumizing**

The flexible formula thickens, lifts and boosts baby hairs; stiff bristles cling to each lash to create a fanned-out look in one stroke.

EDITORS' PICK Wet 'n' Wild Max Volume Plus mascara. \$5; at mass retailers.

YOUR LASHES ARE: Barely there MASCARA MATCH:

Brush-on fibers Mini microfibers stick to lashes at every angle,

and inky pigment sets them in place to give the illusion of natural oomph.

EDITORS' PICK Physicians Formula Eve Booster Instant Lash Extension kit. \$15; at mass retailers.

YOUR LASHES ARE: Short and stubby MASCARA MATCH: Lengthening

The wide grooves between bristles separate and stretch hairs as you comb through; rich pigment coats from root to tip for extra flutter. EDITORS' PICK Flower

Outstretched Lengthening mascara, \$8; at Walmart.

YOUR LASHES ARE: Stick-straight MASCARA MATCH:

Curling

The curved brush twists as you swoop to create bend; the lightweight formula doesn't weigh down lashes.

EDITORS' PICK Rimmel ScandalEyes Rockin' Curves mascara, \$6: at mass retailers.

WHAT I LOVE ABOUT ME

"My eyes are big and brown, and they often convey my thoughts and feelings better than anything I say. If a picture is worth a thousand words, then my eyes punctuate each paragraph." —Orlagh Vagnoni, 34, New York City













look good for *less*



CREATE YOUR OWN CAPSULE WARDROBE

RULE 1

To maximize the number of mixand-match options, every piece you choose needs to work with every other piece.

RULE 2

Decide what types of items you want to include. We selected two tops, $two\ bottoms, one$ cardigan, one jacketand one dress for a range of casual-todressylooks.

RULE 3

Stay within a palette, but aim for variety. We combined solid basics (including white jeans and a $solid\ cardigan)\ with$ patterns (including two striped pieces).

RULE 4

Keep an eye out for interesting details $to\ add\ personality,$ such as the flounce $on \, the \, blue \, skirt$ and the piping on the jacket.

RULE 5

Select accessories strategically.For instance, a pair of heels and $a \, pair \, of \, flat$ $sandals\ provide$ $a\,dressed$ -upand a dresseddown option for each outfit.

No measuring! No guesswork! No mess!





TECHNOLOGY

does the measuring for you!



Flip. Dose. Done.

HOW TO USE







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CASHIER: This offer cannot be combined with any other coupon



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When you buy one (1) Purex® PowerShot® Detergent

CONSUMER: Limit one coupon per purchase of specified item(s). Limit of (1) like coupons in same shopping trip. Coupon not valid with other coupons for the same item. No cash back if coupon value exceeds retail price. Void if copied, sold, purchased, exchanged or transferred. Consumer is responsible for any sales tax. Any other use constitutes fraud. Not valid on trial or travel sizes. Item(s) may not be available at all stores. Coupon valid in stores only. **RETAILER:** The Dial Corporation will reimburse you the face value of the



Henkel

SKIN

FREEZE YOUR PORES

"I rub an ice cube over my T-zone before applying makeup; it closes my pores so foundation doesn't settle in and make them look larger."

-Kara Manos, Politics of Pretty

BLUR THE LINES

"Foundation sets the tone for your entire look, so the last thing you want is one that ages you. My rule of thumb: Avoid matte formulas. They create a base that's flat, making skin appear dull and wrinkles more obvious. Instead, reach for creamy consistencies with luminosity to distract from fine lines." -Lara Ramos, The Glossarie

DISGUISE TIRED EYES

"Looking well-rested doesn't always come naturally for me, especially when I go from a red-eye to a photo shoot. To fake awake, I apply under-eye concealer on the inner corners of eyes and on lids, too. Most people don't realize that the entire eye hollow casts shadows, revealing how tired you are!" -Alexis Wolfer, The Beauty Bean

GET A SEAMLESS FINIS

"To prevent the 'mask' look—with an obvious line giving away where your makeup ends and natural skin startsapply foundation down the neck, up to your hairline and even a little on the ears. Then buff away telltale lines with a fluffy brush."

-Miranda Mendoza, Slashed Beauty

COVER UP SMARTER

"Never blend concealer with a finger, or it will end up where you don't need i and look more noticeable. Instead, dab a little directly onto blemishes or spots, give it a few seconds to set, then soften the edges with a concealer brush.

—Tia Williams, Shake Your Beauty

SAVE FACE WITH POWDER

"Radiant skin is in, but a glaring complexion not so much. I rely on a light dusting of loose translucent powder before taking pictures, or even just running to the grocery store, to tame oily areas without adding extra weight."

-Brooke Pakulski, Blushing Noir



Physicians Formula **Nude Wear** Touch of Glow foundation, \$15; at mass retailers.

Sonia Kashuk Undetectable loose powder, \$10; at Target.



From left: Revlon Ultra HD lipstick in HD Rose, \$9; at mass retailers. Essence Longlasting lipstick in I Am Yours!, \$3; ulta.com.

LIPS

GET THE COLOR YOU CRAVE

"Sick of falling in love with a shade of lipstick at a store only to find that it looks completely different on you? I was, too! To get the hue that reflects what I see in the tube, I prime my lips with concealer first. It also helps lipstick stay on much longer."

-Alexis Wolfer

PLUMP IT UP

"I use two lipsticks—one a shade lighter than the other—to create the illusion of fuller lips. Apply the lighter color on the center of lips. Then, using a brush, blend the darker color out toward the edges."

Vational Process Martinia and Management of the color out toward the edges."

 $-Katie\,McBroom, Martinis\,and\,Mascara$

WATCH THE LINE

"BOLD LINER SCREAMS
'THE '80S
CALLED AND WANTS ITS
LOOK BACK!'
FOR EXTRA
DEFINITION
AND SHAPING,
I DO SHORT,
THIN STROKES
OF COLOR ONLY
WHERE MY
LIPS NEED IT."

–Lara Ramos





CHEEKS

E YOUR BLUSH

"Most blush formulas evaporate by noon, revealing my ghostly complexion. A new method I swear by: Mix a bit of foundation with cream blush, then blend the cocktail onto cheekbones for a tint that really stays put."

-Kara Manos

HIGHLIGHT YOUR CHEEKBONES

"Contrary to popular belief, smiling when applying blush plumps your cheeks, making your cheekbones less apparent. Instead, make a fish facewhich sucks in cheeks—so you can more easily see the contours of your face. Place bronzer in the hollows and blush right above on the apples."

-Miranda Mendoza

AMP UP YOUR GLOW

"When my glow's a no-show, I mix a creamy highlighter with a drop of oil for a consistency that melts into skin. Then I press it onto cheekbones and under brows for a lit-from-within finish." —Laurie Leopold, 312 Beauty

VASELINE

"Dab a little onto your cheekbones and Cupid's bow for instant glow. -Kristie Burnett, Blushing Basics

"Dust onto your mascara wand before coating lashes to add thickness.

-Katie McBroom

BAKING SODA

"After brushing your teeth, dip your toothbrush in baking soda and brush again for a quick brightening treatment. -Alexis Wolfer

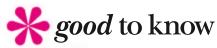
DRY SHAMPOO

"A quick hit of dry shampoo at your hairline will help prevent an oily forehead. -Kristin Booker, Fashion.Style. Beauty

"Hold the tip of your eye pencil over a flame until it melts a bit-let cool-for a liquid-like liner.' Jenny Wu, Good, Bad and Fab



4/24/15





Smart Beauty Advice

Make your routine a breeze with tips from our beauty director



PONY UP

I'VE BEEN WEARING MY HAIR UP A LOT MORE RECENTLY SINCE DISCOVERING THAT A TIGHT, HIGH PONYTAIL CAN HELP LIFT THE BROW AREA, GIVING YOUR FACE A MORE OPEN, AWAKE LOOK. TRY IT AND YOU'LL SEE WHAT I'M TALKING ABOUT—IT WORKS! OF COURSE, A FLICK OF LINER AND SOME MASCARA HELP, TOO.



Oh, what a site!

If you love our beauty pages, you'll love this: New from the editors of ALL YOU, HEALTH, INSTYLE, PEOPLE, REAL SIMPLE and a slew of other magazines comes Mimi (mimichatter.com), an endless stream of beauty information

for every age, background, skin tone, hair type and beauty obsession. You can find real-deal product reviews, learn details such as the best liner to rock the cat-eye look, plus see ways to steal celebrity red-carpet looks for a whole lot less. Mimi also pulls content from around the Web, including posts from some of your favorite bloggers, so you can get all your beauty info with one easy click. Check it out!

Dry shampoo can do that?

By now you know why dry shampoo can be your hair's BFF: Thanks to its oil-absorbing and volume-boosting abilities, it can keep a hairstyle going for days. But that's not the only reason to show it some love. Did you know that dry shampoo...

HELPS BOBBY PINS STAY PUT Spritzing the inside of each pin with dry shampoo before putting it in your hair can prevent sliding. The gritty texture adheres, creating a better grip on your strands.

CAN DE-GREASE
YOUR SHIRT Most dry
shampoos are made
with some sort of
starch—that's what
absorbs the oil. So
spray a little on
grease stains to help
soak up excess oil
before dabbing on
soap and water.

TAMES AND THICKENS BROWS Coat your index finger in dry shampoo, then use it to gently coax unruly brows into place. That boosts the brows' thickness a bit, too.



THE COOL NEW CLEANSER CRAZE

Nope, it's not a foam, a gel or even a cream. It's micellar water, which has long been a go-to in Europe. Made from purified water and soothing ingredients, micellar-water cleansers are gentle and dissolve dirt, oil and makeup in seconds while soothing

skin. What really makes them great, though, is that they require no rinsing. Just apply a generous amount to a cotton pad, wipe it over your face and you're done.

MY PICK
Simple Skincare
micellar cleansing
water (\$7; at mass
retailers).
It's packed
with the
antioxidant
vitamin C
as well as
provitamin
B3 to soften.



Want brighter teeth—without a costly kit? Try looking to one of your favorite fruits instead. Strawberries contain malic acid, which helps dissolve coffee, red wine and tea stains. To visibly reduce mild surface stains, try this easy recipe: Mash up a few strawberries and sprinkle in a bit of baking soda. Rub the mixture onto your teeth. Let it sit for about five minutes, then rinse for a pearly smile.

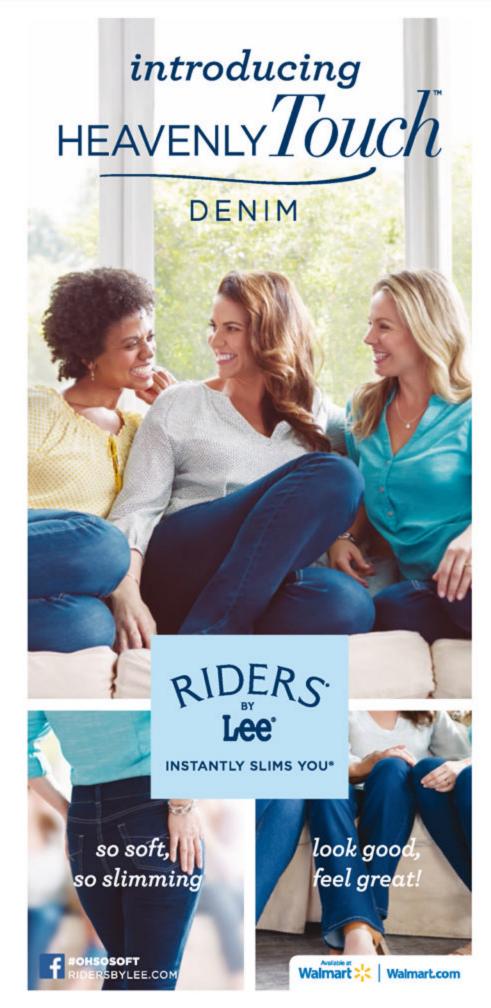
Source: Gerry Curatola, DDS, founder of Rejuvenation Dentistry in New York City



59%

PERCENTAGE OF WOMEN
WHO SAY THEY'D RATHER
HAVE A MORE YOUTHFULLOOKING FACE THAN A MORE
YOUTHFUL-LOOKING BODY

Source: Wakefield Research volume-loss survey





With 6 high potency B vitamins for:

- √ Fat & Carb Metabolism*
- √ Protein Metabolism*
- √ Cellular Energy*

#1 Adult GUMMY vitamin brand fuses health, enjoyment & delicious natural fruit flavors.

DIETARY SUPPLEMENT

* your health

BREAKING NEWS, FITNESS KNOW-HOW AND SMART STRATEGIES TO BOOST WELLNESS

The Truth About

It seems as though everyone is talking about these trendy, hard-core diets, but do they actually benefit your health?

WHAT IS A CLEANSE ANYWAY?

It's a temporary regimen that's supposed to help you "clean out" or detox your body. Cleanses typically eliminate added sugar, caffeine and junk food. Some allow only certain fruits and vegetables, while others nix all solid foods.



WHAT KINDS OF CLEANSES ARE THERE?

JUICE CLEANSES

usually ban solid food for three to seven days; you sip juices at designated times. Advocates claim your system needs a rest from breaking down solid foods, but there's not enough scientific evidence to back that up.

WHOLE-FOOD **CLEANSES**

prohibit you from eating processed foods for about two weeks and focus on a vegetable- and healthy fat-packed diet. Some variations require you to eliminate dairy and grains; others have you skip meat.

WILL THEY HELP YOU LOSE WEIGHT?

Nutritionists argue that shedding pounds isn't the point of a cleanse, but you might, because you're cutting out junk food.

What a typical juice cleanse sts on average

DO THEY REALLY WORK?

body. Your liver, kidneys and colon already do an excellent job of clearing

ARE THEY SAFE?

If you're healthy, doing a juice cleanse for two to three days probably will cause no ill effects, but a longer plan might make you dizzy and nauseous from the lack of nutrients. (Definitely steer clear if you have diabetes or another health condition.) Wholefood cleanses are thought to be safer than juice ones.

> Source: Stephanie Middleberg, RD, founder of Middleberg Nutrition in New York City



WHAT DO YOU THINK ABOUT CLEANSES?

"I've always wanted to but never have, because the idea of only drinking liquids for a day or two sounds too exhausting!" -Nicole Danley, 27, Jacksonville, Fla.





MYTH 2

CRUNCHES **ARE THE KEY** TO FLAT ABS

TRUTH / They might be the iconic abdominal exercise, but crunches aren't the best way to slim your midsection. Although they do tone a small portion of your abs, they don't burn a lot of calories, so they don't lead to much fat loss. You can whittle your waist far more by doing planks and bridges. If you are doing crunches, make sure to keep proper form, using your abs, rather than your back or neck, to come up. Otherwise, they might put your spine in a painful curved position.



WHAT'S THE BIGGEST FITNESS MYTH YOU'VE **EVER HEARD?**

It's easier to exercise if you get up really arly in the morning. That's a lie—ha-ha! -Cassie Webster, 30,

Rogers, Ark.



Scheduling rest days is crucial. Your body **TRUTH** needs to recover, especially after a tough session. Without adequate rest, you could injure yourself or overtrain, which would keep your muscles from rebounding and your body from improving. That's true for every kind of gym-goer. Beginners should take a break every other day; more advanced athletes should rest at least once a week. And keep your workout varied so you don't overuse muscle groups.



STRETCHING HELPS YOUR **BODY RECOVER FASTER**

Do it if it feels good, but a study at the University of Milan in Italy found no significant changes in blood lactate levels—a measure of how fatigued muscles are—in folks who stretched after they exercised. That said, stretching right after a workout, when your body is still warm, is the best way to increase joint flexibility.



MYTH 6

YOU NEED TO **SWEAT FOR** 45 MINUTES TO GET ANY REAL HEALTH BENEFIT

Even if you've got a mere TRUTH 10 minutes, that should be enough time to bolster your cardiovascular health. More and more studies are pointing to the power of short workouts. Research out of Arizona State University found people had consistently lower blood-pressure readings on average when they split their daily walk into three 10-minute segments rather than tackling one 30-minute stroll.

WHAT'S THE **BIGGEST FITNESS** MYTH YOU'VE EVER HEARD?

"That whole 'no pain, no gain'advice is the craziest bull hockey.







LIFTING WEIGHTS WON'T BULK YOU UP

Even if you're using heavy dumbbells, you won't turn into the Hulk. Women typically have less muscle tissue and produce lower levels of testosterone than men, so you likely won't get brawny.



YOGA ISN'T A BIG CALORIE BURNER

Although yoga does improve flexibility and strength, it's not all that aerobic. A 50-minute power yoga session can burn about 235 calories, compared with the 500 to 600 calories you would fry Spinning for that amount of time.

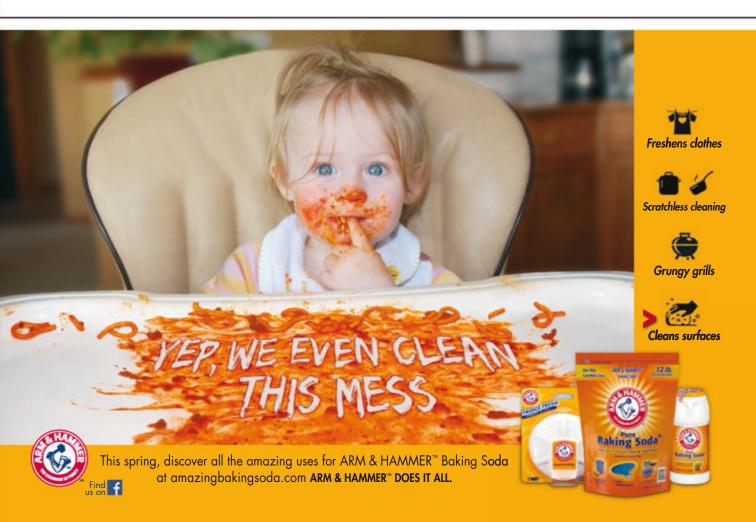
SKIPPING SLEEP CAN CAUSE **WEIGHT GAIN**

Women who sleep less than seven hours are more likely to gain weight, according to an American Journal of Epidemiology study. Research even shows partial sleep deprivation can trigger hunger.



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Smart Health Advice



A top dietitian offers easy ways to boost your health with food



Hate fish? Do this!

When it comes to food that's great for you, fatty fish such as salmon and tuna top the list. They're the best dietary source of heart-protecting, brain-boosting omega-3 fatty acids. But if you don't like fish, foods such as walnuts, omega-3-enriched eggs, soybeans and chia seeds can help fill the gaps. Note, however: Those foods don't offer the same amount of nutrients that fish does, so it's worth taking an omega-3 supplement that has 1 gram of DHA and EPA combined.



SECONDS

THE AMOUNT OF TIME IT CAN TAKE TO GET OVER A CRAVING. CONSIDER TAPPING YOUR FINGERS OR FOOT FOR THIS AMOUNT OF TIME—WAY LESS BORING THAN JUST STARING ATA BLANK WALL.

Source: Nutrition and Diabetes study

Not-so-diet drinks If you've been sipping diet soda in an attempt to slim down or keep your weight in check, you might want to rethink that strategy. Not only do artificially sweetened sodas do little to help you with weight loss, drinking them is actually tied to weight gain! Although diet soda is calorie-free, researchers say they think the sweet flavors make your body expect calories—and when those calories never arrive, you're triggered to seek out high-calorie sweets, causing you to put on extra pounds. Try seltzer instead for a fizzy fix.



TRAIN YOURSELF **TO LOVE GREENS**

Yes, you really can learn to crave veggies while curbing your urge to chow down on cookies and chips.

TRY, TRY AGAIN

People need as many as 10 tastes of a single food to get used to the flavor. Kev word: taste. No need to have a heaping bowl of kalejust try a spoonful.

GIVE IT TIME

In a recent study at Tufts University in Massachusetts, researchers performed brain scans on adults who went on a diet rich in protein and fiber, including fruits and vegetables. After six months of smart choices, the "reward center" in subjects' brains became activated by photos of healthy foods-and less active when subjects viewed unhealthy fare.

GET CREATIVE WITH YOUR COOKING

Instead of heating your veggies in a pan or a microwave, try roasting or grilling them. Long, slow cooking can have a caramelizing effect, drawing out a food's natural sugars.

We have a winner!

In a clinical study, people prefer Nasacort® over Flonase®.*



Nasacort is the #1 pharmacist recommended OTC nasal allergy spray**. It relieves your worst nasal allergy symptoms, even congestion, for 24 hours. Experience the difference for yourself.

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**your kitchen

COOKING TIPS AND SUPERMARKET SHORTCUTS TO HELP YOU EAT BETTER AND SAVE MORE

SMOOTHES SHOW THE STREET OF T

Berry-Banana Smoothie

PREP 5 min. / SERVES 2
COST PER SERVING \$1.60

11/2 cups milk

- 1 cup sliced strawberries
- 1/2 cup frozen raspberries
- 1 banana, sliced
- 1 Tbsp. honey
- 1 tsp. ground flaxseed

Put all ingredients in a blender and mix until smooth.

PER SERVING 222 Cal., 5g Fat (2g Sat.), 15mg Chol., 5g Fiber, 8g Pro., 41g Carb., 88mg Sod.

GO DAIRY-FREE

Swap unsweetened almond or soy milk for the milk.

ADD BULK

To create a complete and filling breakfast, include ½ cup of oats.

MAKE IT CREAMIER

Add 1 cup of Greek yogurt. Bonus: You'll squeeze in more protein.

67%

THE INCREASE IN FROZEN FRUIT SALES SINCE 2010, AS MORE OF US MAKE SMOOTHIES AT HOME

Source: Nielsen



COBB SALAD



MAPLE MUSTARD-



VIETNAMESE-STYLE SUMMER ROLLS



MATZO BREI WITH MUSHROOMS



SHRIMP WITH GOAT CHEESE GRITS

FEEDING A FAMILY OF FOUR?

TOTAL	\$49.81
Grits	\$13.81
Rolls	\$12.12
Matzo brei	\$5.16
Ham	\$10.20
Wraps	\$8.52

1 WEEK, 5 EASY Take the stress out of dinner with simple, wholesome recipes and a one-stop shopping list



M Tu W Th F

Cobb Salad Wraps

PREP 25 min. / COOK 20 min. / SERVES 8 / COST PER SERVING \$2.13

- 2 romaine lettuce hearts, chopped
- 1/2 lb. turkey breast, chopped
- 1 cup crumbled blue cheese
- 4 slices crisp-cooked bacon, crumbled
- 2 hard-cooked eggs, peeled and chopped
- 4 scallions, white and

- light green parts, chopped
- 1 cup cherry tomatoes, halved
- 1 avocado, peeled, pitted, diced
- 2 Tbsp. olive oil
- 1 Tbsp. lemon juice
- 8 10-inch (burrito-size) flour tortillas
- 1 Combine lettuce, turkey, cheese, bacon, eggs, scallions, tomatoes and avocado in a large bowl. Add olive oil and lemon juice; toss to coat.
- 2 Lay 4 tortillas on a flat surface and spoon about 2 cups of salad mixture into center of each. Fold up bottom edge, then roll up tightly, folding in sides as you go. Repeat with remaining tortillas and filling. Slice each wrap in half on a diagonal. Serve immediately.

PER SERVING 428 Cal., 20g Fat (7g Sat.), 87mg Chol., 4g Fiber, 22g Pro., 41g Carb., 996mg Sod.







M Tu W Th F

Vietnamese-Style Summer

PREP 35 min. / SERVES 4 **COST PER SERVING \$3.03**

- 3 Tbsp. fish sauce
- 3 Tbsp. lime juice
- 2 tsp. sugar
- 2 cups cooked and shredded boneless, skinless chicken
- 2 mangoes, peeled, pitted, cut into small cubes
- 1 English cucumber, peeled, cut into small cubes
- 2 Tbsp. chopped fresh mint
- 4 scallions, white and light green parts, chopped
- 2 Tbsp. chopped cilantro
- 12 8-inch round rice paper wrappers
- 1 In a small bowl, whisk together fish sauce, lime juice, sugar and 2 Tbsp. water until sugar has dissolved. To make the filling, combine chicken, mangoes, cucumber, mint, scallions and cilantro in a large bowl.
- Fill a baking pan halfway with cold water. Lay a clean kitchen towel on countertop. Dip 1 rice-paper wrapper in water until pliable, 15 to 20 seconds. (Note: Look for rice paper wrappers near the Asian ingredients in the supermarket. Buy a few extras in case some tear while you're rolling them.) Remove wrapper and shake off excess water. Lay wrapper flat on towel. Place some filling (about ½ cup) in middle of wrapper, leaving a 1-inch border on bottom and sides. Fold 1 inch of bottom and 1 inch of sides toward center of round, then roll up tightly. Place rolls on a platter, seam side down. Cover loosely with plastic wrap. Repeat with remaining rolls and filling ingredients. Serve immediately with dipping sauce on the side.

PER SERVING 333 Cal., 4g Fat (1g Sat.), 63mg Chol., 3g Fiber, 27g Pro., 52g Carb., 1,337mg Sod.



M Tu W Th F

Matzo Brei with Mushrooms

PREP 20 min. / COOK 22 min. / SERVES 4 / COST PER SERVING \$1.29

- 6 plain matzos
- 1 Tbsp. unsalted butter
- 1 Tbsp. olive oil
- 1 onion, finely chopped Salt and pepper
- 8 oz. white button mushrooms, chopped
- 1 Tbsp. fresh thyme leaves
- 6 large eggs, lightly beaten
- 1/2 cup crumbled soft goat cheese or feta, optional
- 1 Break matzos into pieces and place in a colander. Moisten under cold running water for 15 to 30 seconds. Transfer matzos to a large mixing bowl.
- 2 In a large nonstick skillet, melt 1/2 Tbsp. butter with 1/2 Tbsp. oil over medium-high heat. Add onion; season with salt. Cook, stirring often, until softened, about 5 minutes. Add mushrooms, Season with salt, then cook, stirring, until mushrooms soften, 3 to 4 minutes longer. Stir in thyme.
- Scrape mushroom mixture into bowl with matzo. Stir in eggs and cheese, if desired. Season with salt and pepper.
- 4 Wipe skillet clean. Melt remaining 1/2 Tbsp. butter with 1/2 Tbsp. oil over medium

heat. Pour matzo mixture into skillet and spread into an even layer. Cook until golden brown on the underside, 10 to 12 minutes, occasionally loosening it from bottom of pan with a thin spatula.

5 Place an oven rack 6 inches from broiler. Preheat to high. Slide skillet under broiler; cook until top of matzo brei is golden, 1 to 2 minutes, watching carefully to prevent burning. Slice into wedges and serve immediately.

PER SERVING 362 Cal., 14g Fat (5g Sat.), 287mg Chol., 3g Fiber, 16g Pro., 43g Carb., 258mg Sod.





Shrimp with Goat Cheese Grits

PREP 10 min. COOK 20 min. SERVES 4 COST PER SERVING \$3.46

- 4½ cups low-sodium chicken broth
- 11/2 cups quick-cooking grits
 - 4 oz. soft goat cheese, crumbled
- 4 scallions, white and light green parts, chopped Salt
- 2 Tbsp. olive oil
- 1 lb. peeled and deveined medium shrimp, thawed if frozen
- 2 Tbsp. lemon juice
- 2 cloves garlic, minced
- 1 cup frozen peas

- In a medium saucepan, bring chicken broth to a boil over high heat. Gradually whisk in grits, reduce heat to low and cook, whisking, until very thick, approximately $4\frac{1}{2}$ minutes. Whisk in cheese and scallions until well combined. Taste and season with salt, if desired. Remove from heat and cover to keep warm.
- In a medium skillet, warm olive oil over medium-high heat. Add shrimp, season with salt and cook, stirring, until almost pink, approximately 2 minutes. Stir in lemon juice, garlic and peas, then continue to cook, stirring, until shrimp are cooked through, 2 to 3 minutes longer.
- 3 Divide grits among 4 bowls. Top with shrimp mixture, then serve immediately.

PER SERVING 465 Cal., 15g Fat (5g Sat.), 156mg Chol., 5g Fiber, 28g Pro., 54g Carb., 1,453mg Sod.

allyou

Weekly meals shopping list

MEAT, FISH AND POULTRY

- 17- to 8-lb. boneless ham, spiral-cut if desired
- 4 slices crisp-cooked bacon
- 1 lb. peeled and deveined medium shrimp
- 2 cups cooked and shredded boneless, skinless chicken (from a rotisserie bird)
- □½ lb. sliced turkey breast

FRUITS AND VEGETABLES

- 2 lemons
- 2 limes
- 2 mangoes
- 1 avocado
- 1 English cucumber
- 2 romaine lettuce hearts
- 8 oz. white button mushrooms
- 1 onion
- ☐ 12 scallions
- 1 cup cherry tomatoes
- 2 Tbsp. chopped cilantro
- 2 cloves garlic
- 2 Tbsp. fresh mint
- 1 Tbsp. fresh thyme leaves

DAIRY

- □ 1 cup crumbled blue cheese
- 4 oz. soft goat cheese
- □ 1 Tbsp. unsalted butter
- ■8 large eggs

OTHER

- 8 10-inch (burrito-size) flour tortillas
- 6 plain matzos
- 12 8-inch round rice paper wrappers
- □½ cup pure maple syrup
- 3 Tbsp. fish sauce
- 4½ cups low-sodium chicken broth
- 1½ cups quick-cooking grits
- 1 cup frozen peas

You also will need these items from your pantry

Dijon mustard, light brown sugar, olive oil, pepper, salt, sugar







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It's Holiday, Any Day Food. It's Oscar Mayer.



67mg Chol., 1g Fiber, 4g Pro.,

40g Carb., 114mg Sod.

40 to 45 minutes.

Transfer pan to a rack

In a small saucepan,

melt butter over





cut in half and cored

4 sprigs Rosemary Salt & Pepper to taste **DIRECTIONS**

1. Preheat the oven to 400° F.

- 2. Combine Mama Francesca Parmesan, Asiago & Romano with the honey and Dijon.
- 3. Place the pork in a heavy-bottom deep baking pan and coat the top and sides of the pork with the cheese, honey and Dijon mixture.
- 4. Place the butter, apples and rosemary sprigs around the pork. Season the meat and apples with salt and pepper and place in the oven to roast for 20 minutes. Add a 1/2 cup of water and reduce the heat to 325° F.

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Let's cook! A new program from our sister publication Cooking Light proves that dinner on the table doesn't be time-consuming or expe

COOKING LIGHT proves that getting dinner on the table doesn't need to be time-consuming or expensive

made SIMPLE

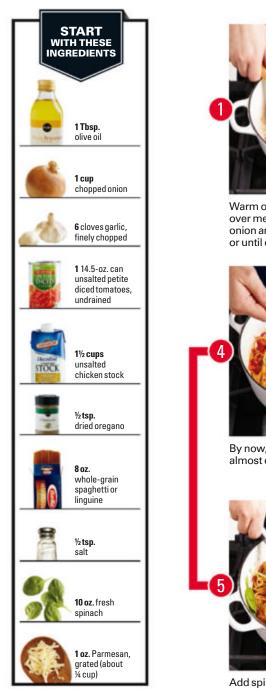
WHEN IT COMES TO A SOLID FAMILY-

friendly meal, the stakes are high: "It's got to be delicious, it's got to be affordable and it's got to be fast," says Hunter Lewis, editor of COOKING LIGHT. With that in mind, his magazine set out to revolutionize how busy parents cook at home, dreaming up dinners that come together in 30 minutes or less and cost no more than \$12 for a family of four (learn more at cookinglight.com/letscook). "Cooking at home is better for your health and your wallet than eating out," Lewis says. Check out three winning recipes on the following pages.

> Recipes by Ann Taylor Pittman

PASTA with SPINACH AND TOMATOES

COST PER SERVING \$2.11 / HANDS-ON TIME 29 min. / TOTAL TIME 29 min. / SERVES 4





PER SERVING 333 Cal., 7g Fat (2g Sat., 3g Mono., 1g Poly.), 15g Pro., 55g Carb., 9g Fiber, 5mg Chol., 5mg Iron, 538mg Sod., 197mg Calcium





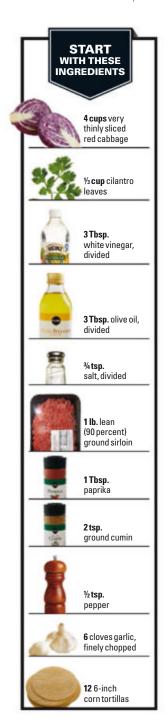
PARMESAN CHICKEN BREAST TENDERS

COST PER SERVING \$2.15 / HANDS-ON TIME 15 min. / TOTAL TIME 20 min. / SERVES 4





BEEF CHORIZO TACOS with CABBAGE SLA









🍱 Jimmy Dean



SAUSAGE BRUNCH CASSEROLE

INGREDIENTS

1 pkg. Jimmy Dean® Regular Flavor Pork Sausage Roll

6 eggs

2 cups milk

1 tablespoon Dijon mustard

2 pkgs. (5 ounces each) seasoned croutons (about 6 cups)

2 cups (8 ounces) shredded sharp cheddar cheese, divided

DIRECTIONS

- 1. PREHEAT oven to 350 F. Cook sausage in large skillet over MEDIUM-HIGH heat 8-10 minutes or until thoroughly cooked, stirring frequently;
- 2. **BEAT** eggs, milk and mustard in large bowl with a wire whisk until well blended. Add bread cubes; stir gently until evenly coated. Stir in sausage and 1½ cups cheese.
- 3. POUR into lightly greased 13x9-inch baking dish; sprinkle with remaining cheese.
- 4. BAKE 40-45 minutes or until knife inserted in center comes out clean. Let stand 10 minutes before cutting into 12 squares to serve.

Go to myrecipes.com/eastersides for additional recipes to make your Easter meal cooked to perfection.



Smart Food

CHERYLSLOCUM. senior food editor, Cooking List

Actice Helpful tips to make your life in the kitchen easier and tastier



Spring greens primer

April showers bring a bumper crop of lettucewhich translates to tastier greens at a lower price. Try these widely available options, then pair each with a great homemade dressing.

Mesclun

This colorful mix can include sweet red oak leaf, mellow green oak leaf, curly endive and delicate mâche. **DRESS IT UP** Whisk 1/4 cup white wine vinegar, 2 Tbsp. minced shallots, 2 minced garlic cloves and 1 tsp. honey in a bowl. Add 1/4 cup extravirgin olive oil. Season with salt and pepper.

Arugula

Technically part of the cabbage family, this green has tender leaves. Balance its peppery bite with a sweet dressing. **DRESS IT UP** Whisk 3 Tbsp. fresh orange juice, 2 Tbsp. white wine vinegar and 1 Tbsp. honey in a bowl. Add 1/4 cup extra-virgin olive oil. Season with salt and pepper.

Bibb lettuce

This loose, round butterhead is light, delicate and mild in taste. **DRESS IT UP** Whisk 1/4 cup buttermilk, 3 Tbsp. mayo, 2 tsp. minced white onion, ½ Tbsp. Dijon mustard and chopped mixed herbs in a bowl. Season with salt and pepper. Cover and refrigerate leftover dressing.



TASTE SO BIG

WE HAD TO

MAKE THEM SMALL



INGREDIENTS:

1 pkg. Jimmy Dean' Regular Flavor Pork Sausage Roll

1 cup fresh chopped mushrooms 1/2 cup chopped green bell pepper 10 eggs

1/4 cup milk

1/4 teaspoon ground black pepper 1 cup (4 ounces) shredded cheddar cheese

1/2 cup sliced green onions

DIRECTIONS:

- PREHEAT oven to 350°F. Cook sausage, mushrooms and bell pepper in large skillet over medium-high heat 8-10 min. or until sausage is thoroughly cooked, stirring frequently; drain.
- BEAT eggs, milk and black pepper in large bowl with wire whisk until well blended. Stir in sausage mixture, cheese and green onion. Line cupcake pans with 16 baking liners. Spoon mixture evenly into baking cups.
- BAKE 18-22 min. or until toothpick inserted in center comes out clean. Let stand 5 min. before serving.

PREP TIME: 15 min. BAKE TIME: 22 min. COOK'S TIP: Use parchment paper for cupcake liners.

TRY OUR HEARTY SAUSAGE MINI QUICHE- IF ANYONE ASKS, WE WON'T MIND IF YOU CALL IT YOUR OWN.

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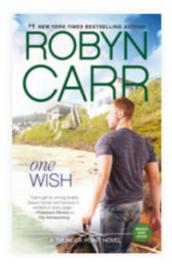


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Everyday Essentials SHOPPING LIST

Check out this month's shopping picks and get a fresh start!

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New York Times
bestselling
author Robyn Carr

robyncarr.com

Home



Persil[®] ProClean[™] Laundry Detergent

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XyourWorld

STRESS BUSTERS, MOOD LIFTERS AND NEW WAYS TO GET MORE OUT OF LIFE

How to Care for CAREGIVERS

People helping others sometimes forget to ask for help themselves. Here's what you can do to reach out



KEEP UP The conversation

"I have a caregiver friend who doesn't live near me, but I try to support her as much as possible. We talk almost daily and get together whenever I can to provide some mental relief."

> -Terri Wilson, 46, Crestview Fla

WHY IT HELPS Research has found

that caregivers have 23 percent higher levels of stress hormones than average. Caregivers also are at higher risk of depression than non-caregivers. But they often keep emotions to themselves because they might be afraid to burden someone with their worries. Checking in regularly can help them release some pent-up feelings.

ENCOURAGE HEALTHY HABITS

"When my mom developed a staph infection and was hospitalized for more than a month, we made sure my dad was getting out and eating well. Watching him care for Mom after 52 years of marriage was very special. Helping him



the least we could do." -Christi

WHY IT HELPS

Caregivers typically put the person they're aiding first, at the expense of their own health. In fact, caregivers are at greater risk of high blood pressure than the average person. So, make a walking date with the caregiver in your life. Or, if she is worried about leaving her loved one, offer to take over so she can hit the gym.

WHO WORK WHILE ALSO PROVIDING CARE

Source: Caregiver Action Network







"I used to help my mother care for my grandmother when she lived with us. I love cooking, so I would help prepare meals for my family. My go-to dinner was turkey chili made in a slow cooker."

-Melissa Burriss, 24, Brooklyn, N.Y.

WHY IT HELPS

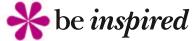
Taking just one item off a caregiver's to-do list, like making dinner or running an errand, gives her a moment to breathe. Mastered the perfect fold? Offer up your laundry services.





Whether it's snakes, flying or something more unusual such as spargarophobia (fear of asparagus), we all have something that makes our palms sweat. For most of us, the easiest way to deal with the issue is just to avoid the bogeyman. A better, but far tougher, solution? Figuring out a way to face the fear, as these three brave women did. Read their stories and maybe you'll find it within yourself to do the same

By Stephanie Booth





Even though Catherine grew up splashing around in shallow lakes and even waterskiing, she never really knew how to swim.

But when a group of friends invited her on a white-water-rafting trip on the Youghiogheny River in Pennsylvania, she thought she'd give it a try. After all, she'd always managed just fine with a life jacket.

Then her raft hit a huge rock.

Catherine was tossed into the rough water and immediately pulled under by an eddy. As it turned out, her life jacket wasn't fastened properly. Instead of keeping her afloat, it pressed against her eyes and mouth. She found herself gasping for air.

"I remember thinking, I haven't breathed in a really long time. This isn't good," says Catherine, who was 29 at the time.

Fortunately, a passing kayaker rescued

her. "But I was completely traumatized," she says. "I refused to get back into the water with my friends and ended up hiking five miles to our camp."

After that, Catherine had a deep fear of the water—any water. Finally, her husband, Alan, who grew up boating, made her a deal. "He said, 'If you take swimming lessons, I'll take dance lessons," she says. "I've been wanting him to dance for years."

So she signed up for a session with Beth Davis, a swim coach. Just wading into the indoor pool for her first private lesson started Catherine's heart pounding. "I was full of terror," she says. "When water went up my nose, I started coughing and felt like I couldn't breathe. I was having flashbacks to the river."

Nevertheless, Catherine came back once a week for three months.

She and Beth talked a lot during those sessions. "During one class, we didn't even get in the water," Catherine says. "Beth explained that few people who set a massive goal ever meet it. She told me, 'Yard by yard is

"The idea of taking small steps toward my goal really resonated with me."

hard, but inch by inch is a cinch.' That philosophy of taking small steps really resonated with me."

Maybe that's because Beth was such a good role model for overcoming fear. An avid rock climber, she'd recently fallen 20 feet and endured a harrowing stay in the hospital. Still, she resumed climbing.

"I could see the scars from her surgery," Catherine says. "When I felt scared in the pool, I'd look over at Beth. I'd think about what she'd overcome, and I'd ask myself, 'What am I so scared of?'"

After two years, Catherine says, she felt comfortable swimming in the deep end. And after three, she could swim a whole lap there.

These days she swims three mornings a week, sometimes with Alan, who still hasn't signed up for those dance lessons! "But we have an amazing relationship," she says. "Alan encourages and supports me, and I guess now we dance when we swim together."



Many people are petrified to speak in public. Jackie used to be scared to speak to anyone.

"I couldn't talk on the phone or say hello to a co-worker," she says. "If a waiter remembered my order when I went back to a restaurant, I was mortified."

Jackie wasn't an introvert, and she wasn't shy, exactly. She had social anxiety disorder, a paralyzing fear of being judged and embarrassed in almost any social situation. She traces her anxiety to her childhood, when her family moved frequently because of her father's job. By the time she was 9 years old, she'd gone to seven different schools. After one move, when she was in fourth grade, she had particular trouble making new friends. From there, her fears snowballed to the point where she even avoided making eye contact with classmates. "I spent recess walking the outskirts of the playground by myself," she says. "I longed

Through college, marriage and motherhood, her anxiety remained. Then, in 2008, when Jackie turned 40, she went to a meeting she'd read about for shy people in her area.

It was the first place she heard the term social anxiety. After she googled its symptoms, she had an epiphany: "The way I was feeling

Armed with her new knowledge, she signed up for weekly cognitive behavioral group therapy, led by a psychologist who used exercises to help Jackie and a dozen others with social anxiety disorder.

During one such exercise, Jackie was asked to make small talk for several minutes with the person nearest her, then switch to a new person until she'd chatted up everyone in the room. The only thing that got her through the excruciating exercise was "knowing that everyone else was just as anxious as me," she savs.

Still, Jackie froze when it came time for a bigger assignment: attending a pool party at a group member's home. A few days before, Jackie's stomach was already in knots. She called the group leader, who pointed out that she was getting caught up in her usual pattern of negative thoughts. He suggested she practice positive "coping statements" such as "When this is over, I'll be happy that I went."

"I repeated them in my head, and they helped," she says. "I was able not only to go to the party but also to feel glad I'd gone."

At one point during her therapy, she and her husband went out to dinner-and she

to interact

with people,

but I was

afraid

of being

judged."

found herself actually joking with the server.

Learning to relax and think more positively still helps Jackie conquer her fears every day. "Today I can hang out and talk to people even strangers-just like everybody else," she says proudly. "A few years ago, I never would have dreamed that was possible."

FIGHT YOUR OWN FEAR

Fear is your body's way of trying to keep you safe from what it perceives as a threat. Scientists call it the fight-orflight impulse. But when fear disrupts your ability to go to work, maintain relationships or engage in activities you love, you have a phobia. Certain strategies can help you identify and manage the dysfunctional thoughts causing your fear.

EXPOSURE THERAPY

With the help of a therapist. you imagine facing whatever it is that scares you—like snakes—and how you would respond. Then, if necessary, you slowly work up to being in the fearful situation.

ACCEPTANCE AND COMMITMENT THERAPY

ACT involves opening yourself up to uncomfortable situations. That reminds you that fear and anxiety are normal feelings everyone has and that learning to accept and tolerate them will help you accomplish your goals. (For instance, maybe overcoming your fear of flying would help you travel to a country that you've always wanted to visit.)

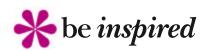
RELAXATION TECHNIQUES

Learning to breathe deeply and slowly gives you the confidence to know that you can do things in spite of feeling scared.

For more information about phobias and fears, visit helpguide.org.

To find a therapist or support group in your area, visit nmha org/finding-help, on the Mental Health America website.

Source: Francine Rosenberg, PsyD, partner at Morris Psychologica Group in Parsippany, N.J.





When Lovelyn was 6 years old and on the way to visit family during a heavy rainstorm, she witnessed a horrific crash on a twisting Pennsylvania road. "I heard a loud bang," she recalls, "and when I

turned to look out the window, I saw two people flying out of a car. The man spun like a break-dancer."

The experience didn't stop Lovelyn from riding as a passenger, but she avoided driving at all costs. "My parents had to force me to get my license," she says. "When my mom let me buy her junky Chevette from her for \$300. I was more excited to decorate it than to drive it."

Throughout college, Lovelyn's Chevette mostly sat untouched in the parking lot. After graduation, when she absolutely had to drive to various jobs, she would, but it felt like torture. She avoided busy roads and making lefthand turns because she'd have to drive across oncoming traffic. She worried about cars rear-ending her. Once she married, she relied on her husband, Patrick, to transport her places.

"If I was going somewhere new, I'd have him drive me there first so I could see all the turns or roads to avoid," she says. "Then I broke out in a sweat and white-knuckled the steering wheel." When she and Patrick, who is British, moved to a town just outside London in 2008, she was thrilled-the extensive public transportation in the United Kingdom meant she'd almost never have to drive. But when they moved back to Florida in 2012, her old fears returned and were even more intense. "I would

break out

in a sweat

and white-

knuckle

the steering

wheel."

"The first time I got back behind the wheel, my neck and shoulders tensed up and I began sweating," she says. "I ended up going to an unfamiliar supermarket simply because it was closer and didn't involve a scary left turn. They didn't have

what I needed, but I just came home

In 2013, Lovelyn, a voracious reader, came across Breaking the Habit of Being Yourself, a self-help book. Its premise—that meditation can lead to lasting changes—intrigued her.

"In the past, I'd been willing myself to change, but it hadn't worked," she

> says. "Meditation seemed like it might be the answer."

> After finishing the book, she began watching instructional videos that meditation teachers uploaded to YouTube.

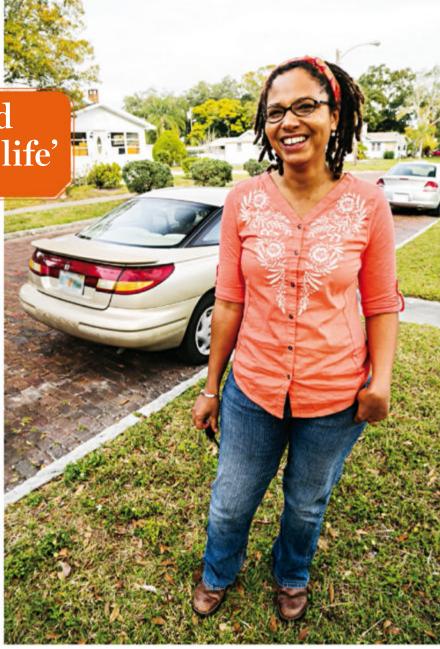
> The first time she tried to follow along with a video, it didn't go well. "I desperately tried to relax," she remembers. "Instead, I ended up feeling like

I couldn't breathe."

But instead of giving up, she kept trying to meditate. Then one day it dawned on her: "There was no mystical secret," she says. "All I had to do was sit quietly and focus on my breathing. Once I did that, something clicked."

Meditation calmed her-to the point where she felt she could tackle her fear of driving. "Did my heart still race? Did I still sweat like a pig? Yes!" she says. "But I forced myself to drive anyway. Each time I did, I became a little less anxious."

Lovelyn still feels a clutch of terror every now and then when she is driving alone. "But now," she says, "I have that tool of mindfulness in my pocket and can pull it out at any time."



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CREATE A TIDY

UKK SPACE

FOR TWO

Turn a basic bookcase—and some simple household stuff-into a cheery spot where you and a little one can get things done

STEP 1

Assemble the 1AIN PIECES

TIME 21/2 hours cost \$98

What you'll need

- White Linnmon tabletop. 59" L x 291/2" W x 13/8" thick (\$26; at Ikea)
- Yardstick
- Pencil
- · Circular saw or handsaw
- 2 Adils legs, 27½" H (\$4 each; at Ikea)
- · Phillips screwdriver
- Billy bookcase, 31½" W x 11" D x 79½" H (\$60; at Ikea)
- Velcro (\$4; at Staples)

Decide how far you want tabletop to extend from bookcase (we cut ours to 34"; bookcase is 11" deep, so the surface extends 23"). Measure and mark tabletop, then use saw to cut to size.

Find the predrilled holes on the bottom of tabletop, then use screwdriver and screws to attach legs.

Build bookcase according to instructions. Tabletop will rest on one of the shelves, so install one shelf using the preset holes 263/4" from the floor. Attach adhesive Velcro strips to the bottom of tabletop, near the raw edge. Slide tabletop in place, then gently press it onto the shelf so Velcro adheres.





STEP 2

Maximize your **EFFICIENCY**

These bright ideas can help you solve your organizational dilemmas with style and make the work space your own.

ADD A BURST OF COLOR 🗢

Drop in a bright background with fabric-covered foam-core panels. Measure the inside width and height between two shelves. Subtract 1/2" from each measurement and cut foam core to that size. Add 1" to the original measurements, and cut fabric to that size. Tightly wrap fabric around each panel, folding corners as if you're wrapping a gift, and use duct tape to adhere it to the back. Attach Velcro strips to back of each panel. Press panels gently against bookcase's back wall until Velcro adheres.



STASH KIDS' STUFF 🐠

Create a place for Junior to stow craft supplies and special toys. Gather small boxes, paper-towel rolls and an empty duct-tape roll, then connect the collection with colorful binder clips. Set the assembly on the desk against a wall, or hang it using small nails.





PUT UP A BULLETIN BOARD 🤒



12" cork tiles, Quartet, \$16 for 4; at Staples.





MAKE CLEANING UP More fun 🌣

These cute jars are easy to make and are useful for storing paper clips and other necessities. Cover jar lids and plastic animals (available at toy stores, mass retailers and amazon.com) with spray primer. Let dry, then spray-paint, applying a second coat if needed. Using a hot-glue gun, attach an animal to the top of each lid.



STEP 3

Bust that **CLUTTER**

Staying tidy is as simple as finding a system that works for you. Use these tips and helpers to get your affairs in order.

PURGE REGULARLY 😎

Having trouble deciding what to keep and what to toss? Try this: Put everything that's on your desk into a box, like the ones shown below. Each time you reach into the box for something, leave that item on your desk. At the end of a week, find a permanent home for the things you used, and toss the rest (or store out of sight).

Document boxes (9" W x 12" L x 31/4" H), Whitmor, \$20 for 5; macys.com.



LIGHTEN THE MOOD 🧇

When you're setting up a work space, don't forget to inject a little fun—it helps prevent the tasks at hand from getting dreary. Bright colors and unusual shapes are two ways to keep things cheerful.

Fix It Fun tape dispenser, \$6; yoobi.com.





Gather coupons and shopping lists in this hanging holder, then fold it up and take it with you when you're heading to the store.

Shopping organizer, \$18; greatusefulstuff.com.



Make a rotating display out of postcards, photos and mementos. Hang them using clothespin magnets.

Pinch 9-piece photo display, \$13; umbra.com.



DESIGNATE TASK AREAS 🤒

Grouping similar items together lets you get things done more efficiently. Set up a zone for paying bills, for instance, as well as one for writing notes and letters. A cart with wheels lets you roll your supplies over to your work area.

Raskog utility cart (17%" W x 13%" L x 30%" H), \$30; at Ikea.

FILE UNDER P, FOR PRETTY 🚳

Whatever the item, you're more inclined to use it if you like the way it looks. These bright binder clips and folders can make work more pleasant.

Printed binder clips, Sabrina Soto Office, \$4 for 14; at Michaels. Kate letter-size file folders, \$6 for 6; containerstore.com.



For those items that you use only once in a while, consider decorative boxes or baskets. Store them on a high—or low—shelf, so they aren't in your way on a day-to-day basis but are easily accessible when you need the contents.

Fade Up rattan cube baskets (12" L x 12" W x 10" H), \$39 each; landofnod.com.



PLACE KEYS In Plain Sight �

Install a set of hooks to hang keys in a spot where you are most likely to need them, like next to the door to the garage.

Key rail, Command Brand, \$10; at mass retailers.



WINNER WINNER

WHAT IF WE TOLD YOU THAT CLEANING DIDN'T HAVE TO BE A BUMMER? THE RIGHT PRODUCT—ESPECIALLY ONE THAT GOES ABOVE AND BEYOND THE CALL OF DUTY AND SMELLS GREAT TO BOOT—CAN MAKE YOUR DAY-TO-DAY TASKS EASIER, QUICKER AND MORE FUN (WE SWEAR!). TO PROVE IT, WE CREATED ALL SORTS OF WICKEDLY DIRTY SCENARIOS TO TEST NEARLY 100 CLEANERS ACROSS 14 CATEGORIES INCLUDING WOOD FURNITURE POLISH AND ALL-PURPOSE WIPES. THE CLEAN WINNERS ARE...

KITCHEN

DISHWASHER DETERGENT

THE DIRTY SCENARIO

Pyrex casseroles after lasagna night, coffee cups with dried residue and bowls with caked-on oatmeal, yogurt and chili were put through the same cycle with six different detergents.



Platinum Pacs, \$6 for 20; at mass retailers.

WHY IT WON

Some detergents do a great job on grimy dishes but leave streaks on glasses and silverware, or vice versa. But after a cycle with Cascade, glassware sparkled, stainless steel was spotless and heavily soiled casseroles, pots and plates were squeaky-clean.

REALITY CHECKER-TESTED

"It's currently my teenage son's job to load the dishwasher, and he doesn't always rinse the dishes before he puts them in. When we used Cascade, I was unable to find any leftover food residue—not even on the pan we had roasted chicken in the night before."

Dynal Roberson, 37, Buffalo, Wyo.

DISH SOAP

THE DIRTY SCENARIO

We coated plates with egg yolk, mashed potatoes and other food, then baked them at 250°F for 30 minutes.

Method sea minerals dish soap, \$4 for 18 oz.; at mass retailers.

WHY IT WON

After only a one-minute soak, the baked-on food came off in 10 seconds of scrubbing. The next-best soap required a three-minute soak and a 30-second scrub.



DISINFECTING WIPES

THE DIRTY SCENARIO

We started on typical household surfaces: trim with visible fingerprints, the area surrounding door handles. Then we smeared oil, caramel sauce, sweet pickle juice and yellow mustard on a kitchen counter and let it sit overnight.

Great Value disinfecting wipes, \$4 for 75; at Walmart.

WHY IT WON

Thanks to a nubby texture, these cleaning powerhouses grab and hold dirt better than other wipes and, unlike some of the contenders, caused no skin irritation.

And at a mere 5 cents per sheet, they're a great value.





AROUND

CARPET CLEANER

THE DIRTY **SCENARIO**

To see which formulas could combat old and recent stains, we devised a two-prong challenge: a piece of carpet with longstanding spots and a new, light-colored carpet sample splashed with red wine and coffee.



Weiman carpet cleaner, \$6 for 22 oz.; amazon.com.

WHY IT WON

This cleaner made short work of the stubborn mystery stains. Wine and coffee spills also disappeared after just one application.

SCOURING POWDER

THE DIRTY **SCENARIO**

Each powder handled everyday tasks (sinks, tubs, tile floors) in a snap, so we put up a harder target: a porcelain sink with a leaky faucet and a serious rust stain.



Bar Keepers Friend cleanser, 2 oz.; at mass retailers.

WHY IT WON

Yet again, this classic-introduced in 1882-clinched the title, banishing that dark rust stain with little scrubbing. Of all the products we tested, it was also the only one that removed embedded dirt in the anti-slip coating on a bathtub.





WOOD FLOOR CLEANER

THE DIRTY SCENARIO

We cleaned vintage polyurethanecoated wood floors and newer oak flooring, both in the same home. Then, the tiebreaker: a heavily trafficked school entry hall with 1800s wide-plank wood.



Murphy Squirt and Mop, \$4 for 32 oz.; at Target.

WHY IT WON

This new formula has all the triedand-true benefits of the original Murphy oil soap, but without requiring any diluting, mixing or rinsing. You simply squirt a ribbon of product on the floor and use a damp mop to clean. In our side-byside test, Murphy's picked up the most dirt on the mop head and left the best finish. Plus, the scent is pleasantly fresh and herbal-not the least bit cloying.

WOOD **FURNITURE** POLISH

THE DIRTY **SCENARIO**

To see how well each product cleaned and polished wooden surfaces, we wiped a section of a painted wood table and a natural wood dresser with each. After comparing sideby-side to examine which products lifted dust the best. we took a few more swipes to compare overall shine.

Bona wood furniture polish, \$5 for 10 oz.; at Target.

WHY IT WON

All four products cleaned loose dust well, but this spray also removed waxy buildup and polished in one easy wipe. The bottle spritzes just enough, with no waste. For detail work such as corners and crevices, the runner-up Weiman furniture wipes (\$6 for 30: amazon.com) were ideal.



MULTI-SURFACE

THE DIRTY SCE

Caramel sauce, oil, sweet pickle juice and yellow mustard were left to dry on a Formica countertop for 24 hours. Most of the products held their own here, so we went to a commercial kitchen and headed straight for its dusty, greasy stainlesssteel hood.



Clean Day honeysuckle multi-surface everyday cleaner, \$4 for 16 oz.; mrsmeyers.com.

WHY IT WON

Mrs. Meyer's versatile spray handled the at-home jobs easily, and after a few applications, it left the commercial hood shiny and greasefree. It also worked well on bathroom surfaces including chrome and tile. #1 New York Times bestselling author

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BATHROOM

BATHROOM CLEANER

THE DIRTY SCENARIO

To judge the speed and effectiveness of each contender, we dispatched a professional cleaning crew to work on tile floors, sinks and more.

Disinfectant Scrubbing Bubbles bathroom cleaner, \$3 for 22 oz.; at mass retailers.

WHY IT WON

This cleaner lifted dirt and spots with minimal wiping. It also banished soap scum—even built-up layers—easily. It's a powerhouse that actually does much of the work for you.



REALITY CHECKER—TESTED

"I really like the citrusy smell! I definitely recommend it for cleaning bathroom countertops, sinks, tubs and the exterior of the toilet." Kathy Catalano, 48, Spokane, Wash.



TOILET BOWL CLEANER

THE DIRTY SCENARIO

We concocted a tough challenge for the five top toilet bowl cleaners—sending our pro crew into high-traffic bathrooms, both commercial and residential, to determine which formula would earn the title.



Clorox toilet bowl cleaner with bleach, \$2 for 24 oz.; at mass retailers.

WHY IT WON

Testers liked the "clinginess" of Clorox's formula. The blue liquid stays put, so it's easy to squirt under the rim and see where it has been applied. Plus, it removed stains with little scrubbing.

GLASS CLEANER

THE DIRTY SCENARIO

Moving from room to room, we sprayed and wiped smudged interior windows, sliding doors (inside and out) and soapflecked mirrors. Method mint glass and surface cleaner, \$4 for 28 oz.; at mass retailers.

WHY IT WON

This spray left even hard-to-clean windows streak-free and shining. And it doesn't have a harsh ammonia smell.





DETERGENT

THE DIRTY SCENARIO

We smudged white T-shirts with a slew of tough stains including beet juice, blackberry juice, coffee, grass, liquid foundation, mustard, soil and turkey gravy.

> STAIN PRETREATER

THE DIRTY SCENARIO

We gave T-shirts the same treatment as above, then let the stains set. Using the five leading sprays, we pretreated the spots, then tossed the shirts in the washer.

LAUNDRY

Seventh Generation Ultra Power Plus laundry detergent, \$14 for 95 oz.; at Target.

WHY IT WON

This nontoxic detergent removed 17 percent more stains than its nearest rival. Clinically proven to be hypoallergenic and biodegradable, it contains no dyes or synthetic fragrances.

Shout Trigger Triple-Acting stain remover, \$4 for 22 oz.; at mass retailers.

WHY IT WON

Shout removed all but two of the stains completely after one washing, and it faded the blackberry juice and mustard significantly more than the competition.



DRYER **SHEETS**

THE DIRTY SCENARIO

Six testers were blindfolded and asked to touch and smell towels and napkins dried with six brands of dryer sheets.

> Great Value Free and Delicate dryer sheets, \$3 for 160; at Walmart.

WHY IT WON

Our panel unanimously picked Great Value in the blind test and, by and large, preferred the unscented option. Towels came out softer than with other brands, and the napkins were much less wrinkled.



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TO A



Got pet problems? Veterinarian Lena C. France is here to help solve your cat and canine quandaries

Although barking can be useful if there's a fire or an intruder, it's not helpful when you're trying to kick back and read or watch television! Because you and Coco have tried training and it hasn't worked, consider getting a citronella bark collar, which releases an unpleasant scent when she barks (it's not stinky to humans and isn't harmful to her). Another approach is to figure out just what sends Coco into bark mode. If a squeaky appliance gets her going, maybe you can have it fixed. Or if she makes a ruckus when she's left alone, try turning on the radio before you go. Hopefully those little adjustments will get her

to be softer spoken.



"I love my little kitty, Buddy, but he has two different personalities. Usually he is sweet and docile, but there are times when all he wants to do is attack and bite. I have read and tried everything, from making loud noises to spraying calming scents, but nothing stops him." —Toni Arnold, 52, Hummelstown, Pa.

HERE'S HELP! Cats such as Buddy have a heightened sense of curiosity. Certain things pique their interest and can snap the cats into a frenzy. Pay attention to what riles Buddy (maybe it's swiping your iPad or opening your blinds), then work to avoid those scenarios.

If you can't figure out if anything is flipping his personality switch, consider a pheromone spray, like Sentry Calming spray (\$20; petco.com). Still no luck? Try using a laser pointer or a fishing-rod toy to help Buddy expend some of his energy.



'My dog won't pipe down'

"I have two dogs, a

papillon-terrier mix named

Coco [above] and a golden Lab.

Coco is a constant barker who

even gets our Lab to join in. I've

taken her to obedience training

at a pet store. The trouble is,

as soon as we get home from

class, she starts barking again!"

—Kira Hawkins, 30, Fort Benton, Mont.

‰ your pet

'My dog is a food snob'

"I have the world's pickiest dog, a Yorkie named Stewie. He won't eat dog food-and we've tried giving him dry food, wet food and wet and dry food combined. He'll eat only what we're eating, and he rejects that sometimes, too. It's so frustrating. Plus, I'm worried he's not getting the proper nutrition. Any suggestions?'

—Toni Hyland-Romell, 53, Westlake, Ohio



HERE'S HELP! When a pup is particular about his food, it's often mostly a behavioral issue: He wants what his humans are having, and he has become conditioned to expect it. If that's the case with Stewie, you have to show him some tough love. Try putting him in a different room during your mealtime. Give him his dog food in there, and close the door so he can't see you. You'll probably hear crying and whimpering, but after enough times doing that, Stewie will stop—and start eating his own grub. Toy breeds' small size puts them at risk of malnutrition, so owners must ensure their dogs are getting enough nutrients. Talk to a veterinarian about giving Stewie a nutritional supplement while you train the dog out of his finicky habit.





'My dog smells'

"My pug, Princess P, is 5 years old, and it seems no matter how much she is groomed-I wash her regularly—she has a horrible odor. I have tried doggy cologne and deodorant, with no luck. How do I make the smell go away?' —Angie Porter, 42, Mason, Ohio

HERE'S HELP! It sounds as though Princess P could have an underlying issue causing her persistent odor. She's a pug and no doubt has a lot of adorable folds and wrinkles, but that's most likely the reason for the stench. It's probably a yeast or bacterial infection of the skin or ears-or both. Have Princess P checked out by a veterinarian, as allergies (food and seasonal) can aggravate skin and be a leading cause of both yeasty and bacterial dermatitis and otitis. The vet might prescribe antifungal oral medications or shampoos, antibiotics or ear meds. Antiinflammatories also might be recommended to reduce itching.



'My cat might be in pain'

"Ben, my beloved cat, is 20 years old, and I'm concerned he could have arthritis because of his age. Of course he can't talk to me, so how do I know if he's hurting?"

-Gail Neuman, 62, North Tustin, Calif.

HERE'S HELP! Our

lives would be a whole lot easier if we could understand meowspeak! The best thing you can do is take a close look at your cat's behavior. When cats have arthritis, they typically don't do as good of a job grooming (you might even notice an odor), in part because they can't contort their bodies as easily to lick hard-toreach places. You also might find that your cat won't use his litter box because it hurts him to climb in. Have you

picked up on a mood change? That could be due to arthritis, too, because petting might hurt him and make him grumpy. Finally, if your cat isn't visiting all his usual haunts, like a certain chair, arthritis might be preventing him from hanging out there. If you observe Ben making any of those shifts, take him to a vet, who might suggest a supplement to help support his achy hips and joints.

SIMPLE PET SOLUTIONS



IS YOUR CAT TOO SEDENTARY? Even lazy cats love pawing and batting this adorable toy and the edible reward inside. Temptations Snacky Mouse, \$6; at mass retailers



IS YOUR PET SHEDDING LIKE CRAZY? This nubby tube can lift gobs of fur-no need for sticky tape or a vacuum. CarPet, \$11; the grommet.com



IS YOUR BIRD ALWAYS BANGING AT ITS CAGE? With bright colors and dangling diversions, this toy could keep Tweety entertained for hours. Planet Pleasures Parrot Piñata octopus toy, \$8; petco.com.



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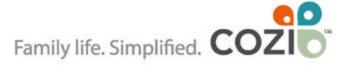
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TECH UPDATES, FINANCIAL TIPS AND BRIGHT IDEAS FOR STRETCHING EVERY DOLLAR



Sources: Mare-Anne Jarvela, senior research editor, The Old Farmer's Almanac; and Susan Littlefield, horticultural editor, the National Gardening Association

WE ASKED: HOW DOES YOUR FAMILY GARDEN?

"My husband and I have a small yard, so we plant things, like berries, that do well in containers. At the community garden, we grow watermelon, cucumbers and other fruits and veggies that need more space." —Flora Richards-Gustafson, 34, Newberg, Ore.

SHEPORT SESSIONS THIS YEAR ON

SURE, ORGANIC FOOD IS BETTER FOR YOU (AND THE PLANET), BUT IT'S HARD TO SEE HOW IT'S GOOD FOR YOUR 49 PERCENT MORE THAN THE ALTERNATIVE ON AVERAGE, BUT THAT DOESN'T MEAN YOU HAVE TO WHOLESOME FOOD. TO HELP YOU GET STARTED, WE'VE STACKED UP 15 SMART TRICKS FOR KEEPING





HEALTH FORGANIC FOOD COSTS **CONTROL OF ORGANIC FOOD COSTS **CON

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BY NICOLE FREHSEE

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*50 PERCEN

NCREASE IN THE NUMBER OF ORGANIC-FOOD COUPONS DURING THE PAST YEAR





TAP AN APP There are rebate platforms aplenty, but BerryCart (free, Android, iOS) is the only one dedicated to organic, gluten-free and non-GMO items from more than 100,000 stores including Kroger and Target. Recent deals: \$4 cash back on a blend of organic superfood oils (avocado, chia seed, coconut); 50 cents back on a dozen non-GMO free-range eggs.

TRY BEFORE YOU BUY Want

to sample new items on the cheap? Visit abesmarket .com, which sells organic and natural products (no artificial additives, hydrogenated fats or preservatives). In exchange for your feedback, the Try for \$2 program lets you order individual or travel-size products-and shipping is included. Past scores include \$2 for two Kind bars—which ordinarily come in a 12-pack for \$19, plus shipping.

BOOKMARK BRAND WEBSITES

Global food giants—with their big marketing budgets—have long posted coupons on their sites. As those companies snatch up smaller organics (General Mills owns Annie's Homegrown; Kraft owns Boca Burgers), there has been an explosion in coupons for health-conscious lines. Danone-owned Stonyfield recently offered 14 online coupons, and spice maker Simply Organic posted 9. To find deals, sign up for e-mail and newsletters from manufacturers and follow them on Facebook and other social media.

CHECK YOUR MAILBOX

Four times per year, Mambo Sprouts (mambosprouts .com), a marketing company that specializes in healthy lifestyles, publishes directmail coupon books stuffed with exclusive deals. Some examples: \$1 off any Rudi's Organic Bakery product; \$1 off Nate's non-GMO meatless meatballs.

SCOUR EBAY The online auction site's Home and Garden section is an overlooked gold mine for paper grocery coupons (search for "organic"). Sellers often offer multiple coupons for one price. A recent check turned up a set of 20 coupons for Horizon dairy products (ranging from 55 cents to \$1 off) for just \$2.50.

ASIDE FROM THE LOWER PRICE COSTCO MEAT IS KNOWN FOR ITS QUALITY; ITS INSPECTION STANDARDS ARE MORE STRINGENT THAN THE FEDERAL

LET BLOGGERS DO THE

LEGWORK Searching for sales can put a real dent in your day. Thankfully, there are a handful of blogs that do the work for you. Allnaturalsavings.com organizes more than 80 coupons for healthy and organic foods by category (baby/kids, say, or baking). It also posts a weekly sweep of store circulars (Kroger, Target, Trader Joe's and others) and matches the best sales with manufacturer coupons, so vou know which deals to stack. Sign up to get a daily message with deals and coupons.

BULK UP Because you're not paying for packaging or distribution, organic bulk foods cost 89 percent less on average than their packaged counterparts. A standout source is bulknaturalfoods.com. The site listed organic brown rice in bulk for 13 cents per ounce, while Safeway was selling packaged organic brown rice for 17 cents per ounce, Just know: Bulk retailers often sell only large quantities, and you save only if your haul doesn't go to waste. A solution: Split big purchases with friends.

SHOP CLOSEOUT STORES

Low-cost chains are a great source for healthy goods. Big Lots, for one, has organic and gluten-free grains from Bob's Red Mill for far less than what you'd find at supermarkets. A 26-ounce bag of the brand's quinoa was \$11.50 (or 44 cents per ounce) at Big Lots, while a 16-ounce bag of the same went for \$9 (56 cents per ounce) at ShopRite.

HIT UP WHOLE FOODS

MARKET The upscale store is catering to cost-conscious customers. It is expected to roll out a rewards program nationally this year; it also offers more than 30 printable coupons for organic products online (wholefoodsmarket .com/coupons) and at store checkouts. What's more, a 2014 price sweep by productanalysis site cheapism.com found that Whole Foods beat Safeway's price on 25 everyday items including organic potatoes (\$1.49 per pound compared with \$2).

SAVE AT COMMISSARIES

Although selections vary at the 241 military commissaries worldwide, organic eggs, milk, produce and frozen foods are widely available. Goods are priced 30 percent lower than at regular markets, according to the Defense Commissary Agency, which operates the stores. Check military produce .com for weekly specials on fruits and vegetables. A recent circular advertised organic gala apples for \$1.89 per pound, compared with the average supermarket price of \$3 per pound.

SNAP UP CLUB STORES' EGG DEALS The average club-store price for 24 organic eggs is \$7 (29 cents per egg), while 12 organic eggs at the market ranges from \$4.39 to \$5.69 (37 cents to 47 cents per egg). Thank the buying power of BJ's, Costco and Sam's Club. They negotiate with vendors to get lower prices, which they pass on to you. One catch: When store-brand organic eggs are on sale at the grocery store, the pricewhich might drop to as low as \$2.68 per dozen—can beat warehouse clubs.

BUY THE CLEAN 15

Can't afford to go all-organic? You might not need to. According to the nonprofit Environmental Working Group, these 15 fruits and veggies contain minimal levels of pesticides, so they are safe to eat when conventionally grown: asparagus, avocados, cabbage, cantaloupe, cauliflower, sweet corn, eggplant, grapefruit, kiwi, mangoes, onions, papaya, frozen sweet peas, pineapples and sweet potatoes.





ORGANIC Products with this stringent classification meet U.S. Department of Agriculture guidelines, which forbid the use of antibiotics and growth hormones in meat, poultry, eggs and dairy products and guarantee that foods were produced without conventional pesticides.

NATURAL Meat, poultry and egg products are minimally processed and contain no artificial ingredients. For all other products, the term is unregulated—and freely slapped on labels.

GMO-FREE GMO stands for genetically modified organism, which means the genetic makeup has been artificially altered, usually with a mutation that helps withstand blight. Organic foods are, by definition, non-GMO.

CAGE-FREE ANIMALS

Livestock and poultry that freely roamed an enclosed area with unlimited access to food and fresh water during the production cycle. Animals are raised humanely, following ethical standards, to produce "sustainable" meat. It often means less disease.

FREE-RANGE Livestock and poultry with unlimited access to the outdoors, food and fresh water in the production cycle.

GRASS-FED Animals received most of their nutrients from grass. This label alone doesn't limit the use of antibiotics, hormones or pesticides.

NO ADDED HORMONES

This is important only for beef and dairy products, as federal regulations prohibit hormones in poultry and pork.

SAVE BIG WITH STORE BRANDS

GROCERY CHAINS' IN-HO LINE OF ORGANICS TYPICALLY COSTS 20 PERCENT TO 25 PERCENT LESS THAN BRAND-NAME * OPTIONS. HERE ARE THE NAMES TO LOOK OUT FOR WHEN YOU SHOP.



SIMPLE TRUTH/SIMPLE TRUTH ORGANIC

More than 35,000 items, including packaged carrots, lettuce and other produce



HOW IT'S **HEALTHY**

PRIVATE

PRODUCT

LABEL

Like all products labeled organic, everything on the Simple Truth Organic label is USDA-certified. The brand's non-organic products claim to be free of trans fats and more than 100 artificial preservatives and ingredients.





A half gallon of Simple Truth Organic 2 percent milk is \$3.59, compared with \$4.39 for Horizon organic 2 percent milk. **SAVINGS: 18%**

SCORE MORE

Log on to Kroger's website before heading to the store. Look for digital coupons, especially for Simple Truth products.



WILD OATS

About 100 products were rolled out in 2,000 stores last year: the line eventually will expand to 4,000-plus stores, Walmart says. Look for bread, canned goods, pasta sauce, spices and other packaged foods.

More than 90 percent of Wild Oats' products are organic.





Wild Oats organic salsa is \$1.98; Muir Glen organic salsa is \$2.98. **SAVINGS: 34%**

If you're ordering online, search for coupons on retailmennot.com and coupons.com, where Walmart is particularly well-represented. Promotional codes and alerts for discounted items are also frequently posted.



SIMPLY BALANCED

More than 250 items including baked goods, dairy products, pasta and frozen foods. Target says it aims to increase organic food offerings by 25 percent by the end of 2017.

More than 40 percent of the line is organic. The rest is composed of products without high-fructose corn syrup or artificial preservatives, flavors or sweeteners. Plus, Target is aiming to eliminate GMOs from the line.



Simply Balanced 12-ounce organic ranch dressing is \$3, while Annie's 8-ounce organic ranch dressing is \$3.59. **SAVINGS: 44%**

Target's Cartwheel app (free, Android, iOS) can shave 5 percent to 30 percent off your bill. Stack Cartwheel coupons (many of which are for healthful foods) with store offers and manufacturer's coupons for even bigger bargains.



SIMPLY NATURE

Nearly 50 packaged goods including milk, grains, pasta sauces and frozen fruit



More than 90 percent of Aldi's products are private-label. The line features both organic items and ones that are "natural," which Aldi defines as "without artificial colors, flavors or unnecessary enhancers."



Aldi organic pasta sauce is \$2, while Classico organic pasta sauce is twice that at Target. **SAVINGS: 50%**

Aldi's app (free, Android, iOS) can notify you of price reductions in real time-so if you're at the store and the cost of your favorite organic cookies suddenly drops, you'll know before you hit the checkout line.

Wegmans

FOOD YOU FEEL GOOD ABOUT

More than 3,000 items including canned goods, chicken, dairy, grains, nuts and produce



Every item in the line is organic or "natural" (no antibiotics, highfructose corn syrup, preservatives or trans fats). Also, much of the chain's organic produce is grown on its own farm, so you know where it's coming from.





Wegmans Food You Feel Good About organic cottage cheese is \$3.49; Organic Valley organic cottage cheese is \$4.49. SAVINGS: 22%

Sign up at wegmans .com to get Fresh News delivered to your in-box every week. The newsletter contains a selection of coupons based on your past purchases, which are tracked on the store's loyalty card.

Sources: AJ Davis-Varela, blogger, cheapveganchick.com; Teri Gault, founder and CEO of Grocerygame.com and author of Shop Smart, Save More; Jon Hauptman, retail analyst and partner at supermarket consulting firm Willard Bishop; Jeanette Pavini, consumer savings expert at coupons.com; Matthew Saline, founder and CEO of Mambo Sprouts Marketing; Bethany Spohr, blogger, allnaturalsavings.com

Just for You

your invitation to try

better snacks by mail

FREE BOXE

We're so proud of our graze box, we'd like you to try one for FREE! Pick from our selection of more than 100 delicious, nutritious snacks and we'll mail your box to work or home.



How to redeem your first box for FREE:



graze

Offer applies only to 4 pack box for new grazers. Valid credit or debit card required. Your first box is free & you can cancel deliveries at anytime. Ts & Cs at graze.com/us/help/terms.

THE SECRET WEAPONS OF THE MODERN HOUSEHOLD



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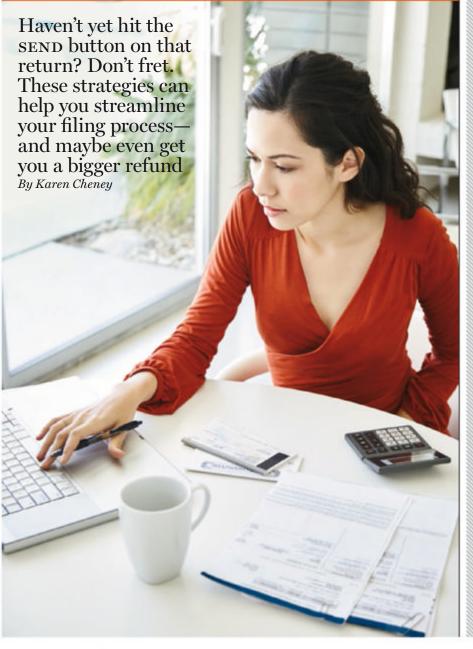
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Smart Tips for Last-Minute Tax Filers



E-FILE YOUR TAXES

If you take advantage of the IRS electronic-filing option, you'll get any refund you are due in about three weeks, compared with about six weeks for snail-mail filers. Plus, e-filing minimizes errors, which could hold up your refund.

GET AN EXTENSION

Despite your best efforts, you still might need more time to file. Send in Form 4868 and the IRS will give you until Oct. 15—no questions asked. You'll still need to estimate what you owe and pay it by April 15. If the estimate is at least 90 percent of what you eventually have to pay, you won't be penalized (if your finances are unchanged, you probably can pay this year what you paid last year).

IF YOU HAVE A LOT OF HEALTH-CARE BILLS, INCOME FROM YOUR OWN BUSINESS OR LOTS OF DEDUCTIONS, CONSIDER HIRING A PROFESSIONAL. EXPECT TO PAY UP TO \$300. THE COST CAN BE WELL WORTH IT IN ADDITIONAL REFUNDS—AND PEACE OF MIND.

If you have some extra cash on hand, contribute to your IRA. For people in the 15 percent tax bracket, a \$5,500 deposit now lets you shave \$825 off your IRS bill—and bulk up your retirement income. In the 25 percent bracket? You would save \$1,375.



Can't pay your tax bill? You could trv to **make a** deal with the **IRS** by requesting an "offer in compromise" to reduce your debt *(search for the* term at irs.gov). But note: The agency will scrutinize vour assets, and it likely will reject you if you have significant ones. An easier solution. Send a completed return or extension request by April 15 and you'll pay only 0.5 percent interest per month, compared with a 5 percent monthly penalty if you don't file on time.

FIND FREE HELP

No-cost tax-prep assistance is available through a couple of federal programs. If you make less than \$53,000 per year, for example, you may have your return done for free by an IRS-certified volunteer. In addition, senior citizens—and often other taxpayers as well—can get advice and filing help through the Tax Counseling for the Elderly program. For information on both services, including the locations of nearby offices, search for "free tax return preparation" at irs.gov.

People who don't have a big mortgage or high state and local taxes often go for the standard deduction (\$6.200 for single filers and \$12,400 for those filing jointly) and skip the process of itemizing. That doesn't mean you can't get some additional "above the line" deductions to further reduce your taxable income and what you owe Uncle Sam. Self-employed? Write off your health insurance, retirement-plan contributions and part of your selfemployment-tax payments.

GO IT ALONE

Want to do your own taxes? Great! But unless you have a simple return, it's a good idea to **buy tax software**. The best programs help you claim every available deduction and credit by prompting you with the appropriate questions about your situation. Check out the programs these readers rely on.



"I use taxact.com, which is fast, free and easy. Filing federal and state together cost us only \$17.95. We already have our refunds!' -Denise Metcalf, 49,

Jackson, Mich.

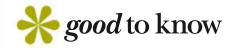


"TurboTax is super easy-it can take less than 20 minutes. It costs about \$70 and keeps pertinent info from past years.' -Mieke Hunting, 28, Factoryville, Pa.



"Freetaxusa .com lets me file at no cost and even gives hints for the best outcome. It tells me when the IRS accepts my return. —Joy Hulse, 32, Defiance, Ohio

Sources: Michael Eisenberg, CPA and financial planner in Los Angeles and a member of the AICPA National CPA Financial Literacy Commission; and Jenny L. Meyer, CPA and principal with Anders CPAs and Advisors in St. Louis



Smart Money Advice

Sock away more savings with our savvy finance tips

Learn the best way to ask your boss for a raise

The latest U.S. Census data shows that women are paid 78 cents on the dollar compared with men. Closing the pay gap for yourself requires tactical planning. An aggressive approach to salary negotiation might work for men, but research has shown that women are more successful when we use friendly language,



frame the case with "we" instead of "I" and talk about achievements in the context of our boss's objectives. Example: "I know your goal for the department was to bring in new business, and our team has done especially well this year. We've signed \$1 million." Also mention a highlevel advocate who supports you:

"[Person's name] suggested this might be a good time to discuss my compensation with you." Yes, the gender double standard stinks, but if you use those techniques, you're more likely to get what you deserve.





That's how much more people with fair credit (620 to 659)

pay over the five-year life of an average car loan, compared with borrowers with excellent credit (720+). Fair credit results in a 13 percent interest rate vs. 3 percent for top scorers.

Sources: U.S. Census Bureau; WalletHub; 2014 Wells Fargo Middle-Class Retirement study



accountable and turns an abstract concept into something concrete. A financial adviser can help, or you can make a plan in a few hours. It should include at least the following: 1) your net worth and cash flow-figure out both by entering your income and expenses at mint .com; 2) approximately how much you'll need to retire when you want to-use T. Rowe Price's retirement income calculator; 3) what you need to save each year to get there (the T. Rowe Price calculator can help here, too).

RECEIVE THE REFUNDS YOU'RE ENTITLED TO

Online retailers increasingly use sophisticated algorithms to adjust prices based on supply and demand. Your defense: price protection, a credit- and debit-card perk. Available on all MasterCard and Discover cards and some Citibank cards, the benefit allows you to file a claim with the card issuer for a refund of any price drop (typically \$250 to \$500 per item) within a set time (usually 60 to 90 days). Biggest surprise? Only an estimated 1 in every 100,000 protected card holders ever take advantage.





GERBER

Your Horoscope

See what the stars have in store for you in April



Aries (March 21–April 20)

A lunar eclipse in your relationship corner on the 4th sets up six months of new-or renewed-passion. Singles: You could get into a committed partnership.

Couples: Your connections might grow. When Mercury and the sun join Mars in your money house (on the 14th and 20th, respectively), an exciting financial opportunity might arise.



Libra (Sept. 23-Oct. 23)

Circle the 4th in red lipstick: A lunar eclipse in Libra makes you gueen not just for a day, but for the next six months! When you have cosmic support like this,

the sky's the limit. Get serious about setting big goals for what you want—and what you want to let go of. Also, your ruler, Venus, brightens your travel field starting on the 11th. Where will you go?



Taurus (April 21–May 21)

It's OK to daydream. With three planets in your fantasy field, your best ideas come not from spreadsheets or reports but by letting your fertile

mind wander. The lunar eclipse in your health zone on the 4th will affect your life for six months and help you reach a physical goal. Fitness classes and gear aren't splurges—they're investments!



SCOPPIO (Oct. 24-Nov. 22)

Creating support systems is your key to success. You'll have no problem doing that with three planets—plus a new moon on the 18th—in your

organization sphere. Working with a partner can maximize your talents. On the 14th, reach out to your top candidates, and be prepared to get more than one enthusiastic response.



Gemini (May 22-June 21)

Teamwork makes the dream work. Your groupactivity sphere is fired up by the sun, a new moon and your ruler, Mercury, on the 18th. A lunar eclipse

on the 4th illuminates your sector of creativity, reconnecting you to your muse. During the next six months, sign up for a class or workshop to hone your talents—or develop new ones.



Sagittarius (Nov. 23-Dec. 21)

Friends take center stage during the lunar eclipse on the 4th. If you've missed the synergy of groups, now's the time to get back in the groove. When your ruler,

Jupiter, straightens out on the 8th, think about how to become a greater asset at work. A new moon in your innovation corner on the 18th helps you turn a brainstorm into a money-making reality.



Cancer (June 22-July 22)

You need time to recharge your batteries, and a lunar eclipse in your domestic realm on the 4th helps you do that. During the next six months, consider

spending more time at home. But be aware: Three planets in your work arena might bring opportunities, including something totally new, during the new moon on the 18th.



Capricorn (Dec. 22-Jan. 20)

You won't be able to rein in your ambition once a lunar eclipse brightens your zone of professional success on the 4th. Your efforts of the past six

months bear fruit in the next several weeks, so bring your A-game to every meeting. Creatively, you're unstoppable. Don't worry about perfection. Just do it—you can always tweak it later.



└├○ (July 23–Aug. 22)

Red lights turn green once lucky Jupiter straightens out in your sign on the 8th. On the 20th, your celestial ruler, the sun, joins Mars and Mercury in your

professional axis. Between the sun's charisma, Mars' energy and Mercury's gift of gab, you'll be irresistible. Don't ease off the pedal until you reach your highest objectives.



AGUATIUS (Jan. 21–Feb. 18)

Feeling stuck? Maybe you need to refresh your image. You don't have to hire a branding consultant to update your communication style. The alignment

of ruling Uranus, expressive Mercury and a new moon on the 18th helps you reinvent from the ground up. Upload some new photos to your online profile and let a savvy friend edit your bio.



V1100 (Aug. 23-Sept. 22)

When working with others, don't hesitate to spell out your conditions. A lunar eclipse illuminates your financial sector on the 4th, bringing new growth over

the next six months. On the 6th, your ruling planet, Mercury, links up with independent Uranus, joined by a new moon on the 18th. If you want to start anew, now's the chance.



PISCES (Feb. 19-March 20)

A lunar eclipse on the 4th deepens a personal relationship. This is the time for commitment; either connect with his family, move in together or maybe

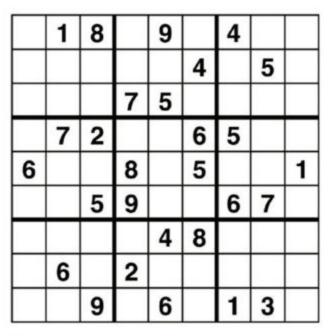
set the date. With Saturn retrograde in your career sector all month, work might stall, but your money house is electrified. The new moon on the 18th could attract creative income sources.

FLATLINER V2 (ILLUSTRATIONS)

Coffee-Break Fun

Sip a cup of joe and enjoy these brainteasers

Sudoku Complete the grid by placing a number in each box. Your goal is to make each row, column and small nine-box square contain the numbers one through nine exactly once.



Futoshiki Each column and row must contain the numbers one through five. The values of adjacent boxes must obey the given greater-than (>) and less-than (<) signs.

5		<	<	
	<			
		2		
\bigcap			V <	<
v <	<		\bigcap	

Crossword

ACROSS

- 1. Freshwater fish
- 5. Barge
- 9. Resort
- 12. Petri-dish gel
- 13. Rime
- 14. Half of a French dance
- 15. Short letter
- 16. Haughty
- 18. Behave in a servile manner
- 20. Jostle
- 21. Arrangement
- 24. Fidgety
- 26. Part of a football goal
- 28. Court
- 31. Unwind
- 32. Allocate
- 35. Cee's follower 36. One of eight
- 38. Racing gauge
- 40. Cowboy exhibition

- 41. Agreed with
- 44. Verb for Ali Baba
- 46. Teacher
- 48. The Forsyte
- tree 53. Money, in
- Mexico

- 1. Eccentric wheel
- 2. Ripen, as cheese
- 4. Abundant
- 5. Pygmalion
- author
- 8. Injustice

- 52. Vase-shaped

- surgeon
- 55. Ribbed fabric
- 56. Abound
- 57. Relax

DOWN

- 3. Flock fella
- 6. Eye part
- 7. Boater's utensil
- 9. Large amount

- 10. Sharp pain
- 11. Starting bet
- 17. Gent
- 19. Church recess
- 21. Skim
- 22. Coastal eagle
- 23. Rushed
- 25. Doggone it!
- 27. Alliance
- 28. Savage
- 29. Curved molding
- 30. Cognizant of
- 33. Convinced 34. Godparent
- 37. Elect
- 38. Private eye 39. Adjust
- 41. Mock
- 42. Loaf 43. Jolt
- 45. High-school ball
- 47. Peg
- 49. Live
- 50. Automotive fuel 51. Diff.



Solutions on page 94

MICHELLE PEDONE/GETTY IMAGES

В

C

D

E

Picture Puzzle

HELLO KITTIES This puzzle is the cat's meow. Try to earn a purr-fect score by catching the 11 changes in the images below.







WANT MORE PUZZLES?

LIFE picture puzzle books are available at bookstores and online retailers. Check out life. com/books/ puzzle and collect the entire series.

Enter at all you.com for a Chance to Win Great Prizes!

This month, All You wants to jump-start your spring cleaning



READERS WILL WIN... a Casabella prize

package

Keep your floors sparkling clean with this collection. It includes a broom, a roller mop and a floor duster (all with adjustable poles that slide and clamp to the right height), plus a dustpan and mop and duster refills.

NO PURCHASE NECESSARY TO ENTER OR WIN. The ALL YOU Giveaways ("Sweepstakes") are open to legal residents of the 50 United States and the District of Columbia, age 21 or older at the time of entry. To enter and view the complete Official Rules, which govern this Sweepstakes, visit allyou.com/giveaways. Sweepstakes begins at 12:01 a.m. Eastern time (ET) on 3/27/15 and ends at 11:59 p.m. ET on 4/23/15. Void where prohibited by law. Sponsor: TI Media Solutions Inc., 1271 Avenue of the Americas, New York, NY 10020

"Coffee-Break Fun," p. 92

		_		DO				
5	1	8	6	9	3	4	2	7
9	2	7	1	8	4	3	5	6
4	3	6	7	5	2	8	1	9
1	7	2	4	3	6	5	9	8
6	9	3	8	7	5	2	4	1
8	4	5	9	2	1	6	7	3
7	5	1	3	4	8	9	6	2
3	6	4	2	1	9	7	8	5
2	8	9	5	6	7	1	3	4

FUTOSHIKI						
5	2	< 3 -	4	1		
2	< 3	4	1	5		
1	5	2	3	< 4		
4	1	5	2	< 3		
3	< 4	1	5	2		



PICTURE PUZZLE, p. 93

No. 1 (A1 to B2): The throw pillow has been embroidered. No. 2 (A3 to B3): The curtain was clawed by the kitties. No. 3 (A4): The chair is missing a piece of its back. No. 4 (C1): This kitten has stifled its yawn. No. 5 (C2 to D2): The spring toy has sprung in the opposite direction. No. 6 (D3): This cat's eyes have changed color. No. 7 (D5): The other cat has a new playmate. No. 8 (E1): The banana changed position. No. 9 (E1 to E2): There is a new ball to play with. No. 10 (E4): The pink ball has turned green. No. 11 (E5): The yellow ball rolled away.



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THE LONGEST RIDE

The 10th(!) film adaptation of a Nicholas Sparks novel weaves together two stories. A coed (Britt Robertson) falls for a bull rider with a secret (Scott Eastwood, Clint's son). After a serious car crash, a man (Alan Alda and, in his youth, Jack Huston) reflects upon his life with his late wife (Oona Chaplin). See it and weep. (Not vet rated; opens April 10)





READ IT ОН! ҮОИ PRETTY **THINGS** Bv Shanna Mahin

Jess Dunne. 29. is a massive disappointment to her estranged mother, a failed actress. Jess' skills in the kitchen are worthy of a culinary Oscar, she opts for a job catering to the whims of a rising Hollywood starlet. At the same time, fameobsessed dearest makes an unexpected entrance back

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